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{page 34}

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OTTAWA metro

Weekend, August 19-
21, 2011
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 News worth
sharing.

City's helping hand

- East Africa experiencing the most severe food crisis in the last 30 years
- Millions severely affected and in urgent need of humanitarian aid



SEAN
MCKIBBON
@METRONEWS.CA

Ottawa will lend its support to famine victims in East Africa, Mayor Jim Watson said Thursday, becoming the first mayor in Canada to lend a helping hand to relief efforts and pledging to challenge other Canadian mayors to do the same.

"I'm going to be meeting with the Big City Mayors' Caucus of Ontario and I'm going to be bringing material from this event and challenging them to hold similar events in their communities," Watson said as he announced he would hold a cocktail fundraising event called Ottawa Cares: An Evening in Support of Famine Relief.

"I'll also be contacting members of the Big City Mayors' Caucus from across the country and asking if they would consider doing a similar event."

Watson made the announcement flanked by members of Ottawa's Somalian community, who he said have been leading efforts to bring attention to the crisis and rally Ottawa residents



► Mayor Jim Watson holds up a promotional poster with members of Ottawa's Somalian community and community development workers.

to help.

Joining Watson at the announcement were Nicolas Moyer, Executive Director for the Humanitarian Coalition, and

Ismail Mohamed an Ottawa social worker and founder of the Somali youth basketball league. "Our members are on the ground providing support and

care to victims throughout the region with food, clean water, health services and much more," he said adding aid is getting through to those who need it.

Middle East Bloody exchange

- Palestinian gunmen cross into Israel attacking buses, cars and an army patrol
- Israel responds, striking militants in southern Gaza {pages 10-11}



Red Green tour

Steve Smith
brings back
character for
stage tour
{page 29}

Court in session

Founder of the new Canadian basketball league looks to get ball rolling with this weekend's draft {page 36}

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news



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Local East Africans raise funds

 **SEAN MCKIBBON**
@METRONEWS.CA

The famine in Somalia and other areas of East Africa could have been avoided, say members of Ottawa's East African community.

"It's a complicated problem. If I had the solution that I could just give to you, Somalia would be better off today," said Ismail Mohamed, an Ottawa social worker and founder of the Somali Youth Basketball League. More development work was needed, he said,

likening the problem to the old teach-a-man-to-fish proverb.

Fortunately, there are many young people willing to help, said Sharmaarke Abdullahi, a community-development worker who said young people in cities across Canada are working to raise awareness and money. A recent barbecue in Ottawa raised \$30,000, he said, while a group of young people are organizing a fundraising walk between Toronto and Ottawa

next month.

Sahan Relief and Development Organization and Somali Relief Ottawa will be holding their fourth fundraising event Friday night at the Jim Durrell Recreational Centre at 1264 Walkley Rd., from 7 to 9 p.m. The event will raise funds for victims of famine in the Horn of Africa, and will feature keynote speakers from the African diplomatic corps, along with food donated by Salang, an Afghani restaurant.



► Members of Ottawa's East African community and social development agencies have banded together to rally assistance for famine victims.

SEAN MCKIBBON/METRO

Young Riders eyeing trophy

► Ottawa's peewee and Junior Myers Riders are heading to Toronto for the 2011 Ontario Varsity Football League championship ► Third straight appearance for peewee Riders



JOE LOFARO
@METRONEWS.CA

Be yourself. Don't be nervous. And don't be afraid of making a mistake.

Those are the motivational words that Ralph Siciliano, head coach of Ottawa's peewee Myers Riders football team, tells his boys before stepping onto the field. On Saturday, those words will mean much more as the team of 48 players heads to Toronto for the 2011 Ontario Varsity Football League Bantam Provincial Championship match against the Cambridge Lions.

"It's a real big deal for us and the entire program," Siciliano said. "It's our third straight year going to the championship."

The team won the tournament two years ago but lost last year in overtime. This year, he and his team are hoping to bring the championship title back home again.

► The peewee Myers Riders team.



The Riders played the Lions two years ago and won 10 to 9, so the Ottawa coach knows what to expect from

their opponents.

"They're a run-oriented team," Siciliano said. "Defensively, we know what

gaps to look for and what their tendencies are."

The Junior Myers Riders from Ottawa are also head-

ing to Toronto Saturday for the Junior Championship match against the Mississauga Warriors.

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Ontario's NDP promises green rebate

► The rebate will be in addition to the party's promised expanded home energy retrofit program



SEAN
MCKIBBON
@METRONEWS.CA

Saying the cheapest energy is the energy Ontario never has to generate, provincial NDP leader Andrea Horwath ventured to open a campaign front in Ottawa promising a "serious investment in conservation."

"A New Democrat government will provide a rebate of up to \$150 when people purchase EnergyStar refrigerators, washers and dryers, freezers and even air conditioners," said Horwath, who added the rebate replaces a sales tax rebate cancelled by the governing Liberals when the HST was introduced.

Speaking in front of Ottawa-Centre NDP candidate Anil Naidoo's

home in Little Italy, Horwath said the rebate would be on top of her party's promised expanded home energy retrofit program.

Naidoo said he's done extensive retrofit work, but has been frustrated with the red tape involved with existing retrofit programs.

The Liberals wasted no time responding to the announcement, issuing a press release before Horwath even spoke, calling her platform a "dirty plan," that would kill jobs in Ontario's clean energy sector. Horwath, however, said she was in favour of alternative energy and would work with homeowners and business people through incentives rather than using a "stick approach with not-so-smart meters."



► Ottawa-Centre NDP candidate Anil Naidoo watches as his party's leader, Andrea Horwath, promises to introduce a new rebate program for energy efficient appliances.

PC leader faces criticism from Liberal MPP



JOE LOFARO
@METRONEWS.CA

In the Ontario Liberals' eyes, PC leader Tim Hudak is a "no plan man."

Speaking against the backdrop of the Ottawa Convention Centre Thursday, Ottawa West-Nepean MPP Bob Chiarelli criticized the PC's lack of vision for infrastructure in

the nation's capital.

"We have been committed to highways and roads in this community," said Chiarelli. "What is the position of the opposition? They have no position, they have no plans, and when they were there, they accomplished nothing."

MPPs Madeleine



► Bob Chiarelli

Meilleur, Yasir Naqvi, Phil McNeely, and Liberal Nepean-Carleton candidate Don Dransfield also attended the event as Chiarelli listed the investments the Liberals have made in Ottawa's infrastructure, including \$700 million construction projects in Ottawa hospitals since 2003.

Ottawa West-Nepean PC candidate Randall Denley, who is running against Chiarelli, called the "no man plan" jab ridiculous.

"Certainly the Liberals don't have a plan nor do they have a plan for infrastructure, really, because most of what (Chiarelli) talks about is backward

looking," said Denley. "Here's what we did and here's what we're re-promising. I'm not sure if that really constitutes a plan."

If elected, Denley said Ottawa would get its share of the \$35 billion the PCs plan to spend over three years on infrastructure.

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Seek costs against plaintiffs: Watson

► In addition to Friends of Lansdowne appeal, city now faces separate lawsuit from rival developer



SEAN
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The City of Ottawa should change its policies and start seeking costs against people or groups that sue the municipality, says the mayor.

"Taxpayers should not be continuing to foot the bill for these kinds of appeals," said Mayor Jim Watson, reacting to news the Friends of Lansdowne will appeal their losing court bid to stop the city's redevelopment plan for Lansdowne Park. Watson said he would introduce a motion to change the policy.

The city's finance and economic development



SEAN MCKIBBON/METRO

committee unanimously passed three reports Thursday approving a new project schedule, a plan for the air rights and a plan for moving the horticulture

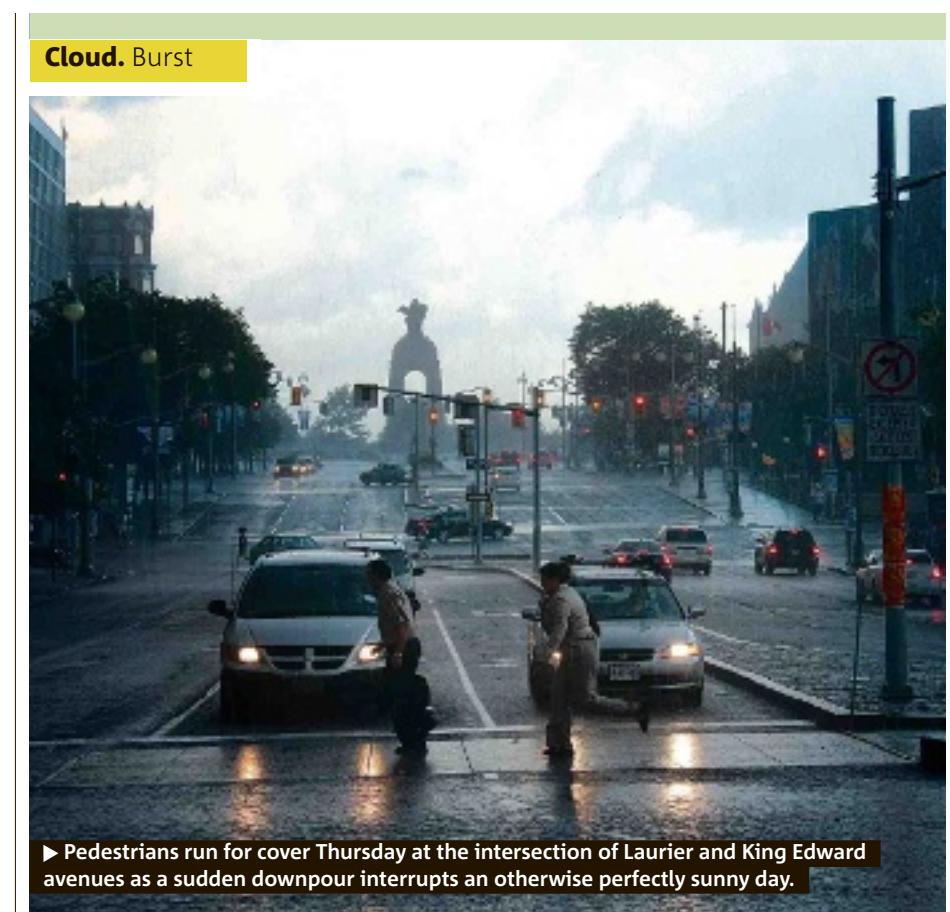
building. The recommendations from the committee will now go to council for final approval next week.

Watson said there is broad-based support for the redevelopment and the city has already spent \$1.2 million fighting the Friends' lawsuit.

The city will ask for an expedited appeal process.

At the meeting, supporters of the Friends showed no signs of changing their minds when they made presentations to the committee.

"I cannot fathom this Lansdowne deal," said Jo Wood, an opponent of the redevelopment plan. "It's a sacrilege — where is your vision?"



► Pedestrians run for cover Thursday at the intersection of Laurier and King Edward avenues as a sudden downpour interrupts an otherwise perfectly sunny day.

SEAN MCKIBBON/METRO

They could have used an umbrella

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News in brief

Carleton unveils iPhone, Android app

CAMPUS SUPPORT. Carleton University has launched a new mobile app for iPhone and Android operating systems that allows students to check their grades, class schedules, and navigate the campus on their smartphones.

The app, launched last week, will be updated regularly and in the fall will also include an exam schedule feature. Support for more devices may be added in the future.

• JOE LOFARO

Potato rot found at local garlic farm

PLANT PEST. The Canadian

Food Inspection Agency (CFIA) has found crop-killing potato rot nematode in garlic grown at a two-acre farm in the Ottawa area. The pest can cause significant damage to the parts of plants such as potatoes, sugar beets, carrots and garlic that grow underneath the ground. The CFIA says it can be nearly impossible to eliminate once it becomes established.

THE CANADIAN PRESS

STEP nets 1,586 charges in July

SAFETY BLITZ. The city's Selective Traffic Enforcement Program (STEP) laid 1,586 charges in July for speeding and unsafe lane changing, Ottawa police said. More than 1,400 charges were laid for speeding while 112 tickets were issued to drivers for unsafe lane changes.

• JOE LOFARO



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Top nations tell Assad: Go

U.S. President Barack Obama and the leaders of Canada, Britain, France, Germany and the European Union sent this message to Syrian President Bashar Assad on Thursday: Resign — you're not fit to lead.

"The Assad regime has lost all legitimacy," said Prime Minister Stephen Harper.

Assad "is imprisoning, torturing and slaughtering his own people," Obama said.

The dramatic messages from Ottawa, Washington, London, Paris, Berlin and Brussels were accompanied by a UN demand that the International Criminal Court probe Assad's brutal suppression of his people.

Meanwhile, tough new U.S. sanctions froze all Syrian government assets in

30

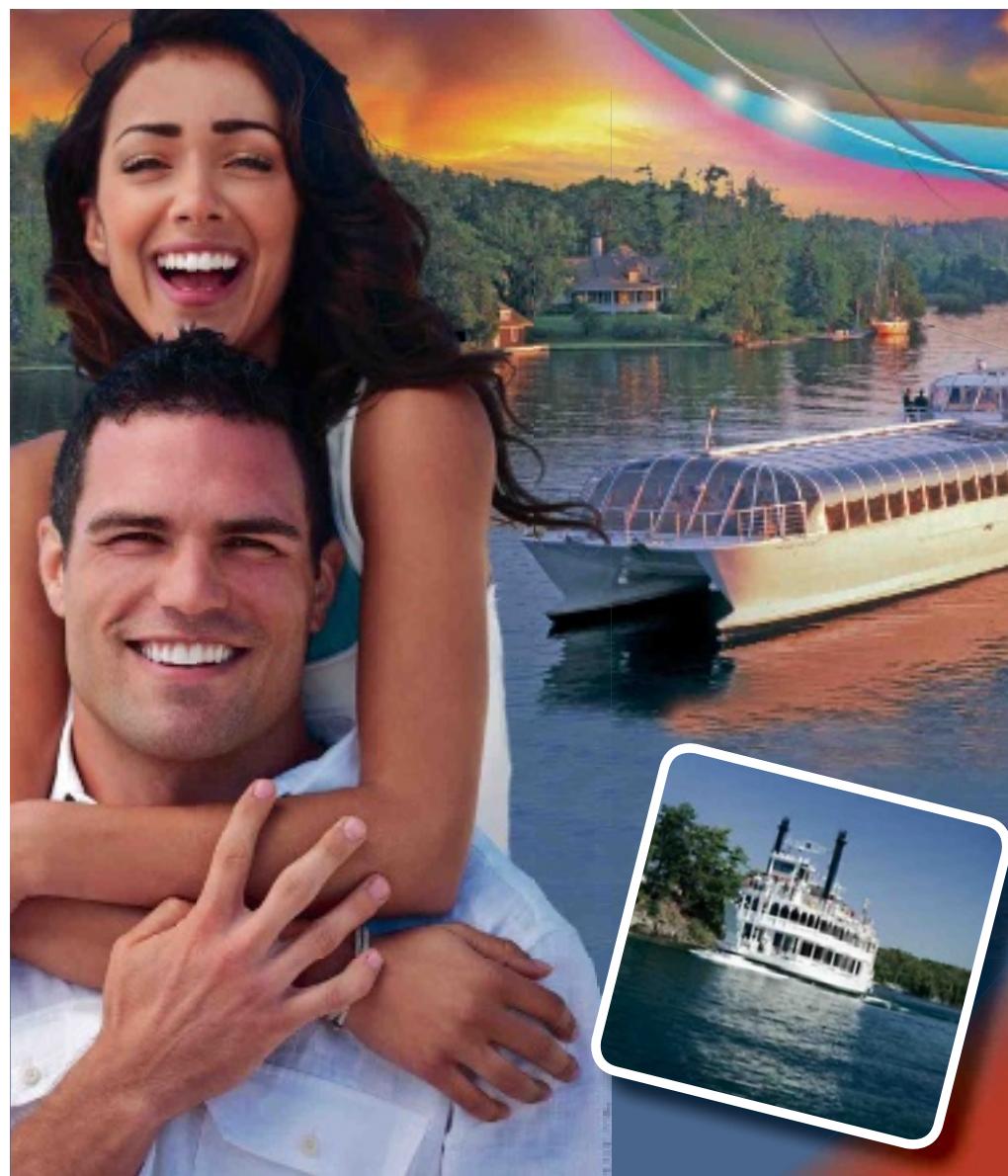
U.S. sanctions have already hit more than 30 Syrian regime officials, including Assad himself, members of his inner circle and firms.

the U.S. and targeted the country's lucrative energy sector.

The moves intensified already mounting pressure on Assad, who has refused to ease his regime's ruthless crackdown on a five-month-old opposition uprising.

He has unleashed his security forces on numerous cities, killing nearly 2,000 people, many of them innocent civilians.

THE ASSOCIATED PRESS



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Savagery out of Sinai as gun gangs attack

► Buses, cars and an army patrol hit as fighters target southern Israel
 ► Israeli aircraft bomb Gaza in retaliation ► Airstrike kills a child

It was one of the boldest attacks on Israel in years.

Squads of gunmen armed with heavy weapons and explosives crossed into southern Israel on Thursday and attacked buses, cars and an army patrol.

Israel said the Palestinian assailants from Gaza killed eight people after crossing through Egypt's Sinai Peninsula.

Exchanges of gunfire across the Israel-Egypt border continued late into the evening. But it wasn't clear whether assailants were still at large within Israeli territory, Deputy Defence Minister Matan Vilnai said.



The attacks stoked concerns that Palestinian militants might be exploiting instability in Egypt.

Security in the Sinai desert, dominated by Bedouin tribes, has deteriorated sharply since February when longtime leader Hosni Mubarak was ousted in a popular uprising.

"The incident underscores the weak Egyptian hold on Sinai and the broadening of the activities of terrorists."

ISRAELI DEFENCE MINISTER EHUD BARAK, LEFT

Many Israelis saw Mubarak as a source of stability.

Within hours of the attacks, Israeli aircraft bombed southern Gaza in retaliation — and Gaza medical official Adham Salmia said five militants and one child were killed in a strike on a private home.

The attacks on Israelis began at midday and appeared co-ordinated.

Israeli security forces tracked down some of the assailants and killed seven in a gun battle, military spokesperson Lt. Col. Avital Leibovich said.

Defence officials said three of the bodies were booby-trapped.

In November, Israel began erecting a fence along the border with Egypt, in part to keep out Islamic militants in Sinai.

The fence, which is to take up to two years to build, will cover at least 140 kilometres of the 250-kilometre boundary.

THE ASSOCIATED PRESS

Ambushed bus stained with blood

It was shortly after noon in southern Israel and a civilian bus was heading toward the Red Sea resort city of Eilat.

Suddenly, it was ambushed by gunmen armed with automatic weapons, grenades and suicide bomb belts.

"We heard a shot and saw a window explode," said passenger Idan Kaner.

Then came another shot. "There was chaos in the bus ... everyone jumped on everyone else," Kaner said.

TV video showed the bus with its windows shattered.

Its seats were stained with blood. Luggage littered the aisle.

THE ASSOCIATED PRESS

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News in brief

MDs push MP on asbestos

HEALTH. Hundreds of health professionals are urging a rookie Conservative MP to speak out against Canada's controversial asbestos industry.

A letter signed by some 250 medical doctors and public-health professionals has been sent to Kellie Leitch — who is a prominent pediatric orthopedic surgeon.

The Canadian and international signatories say the newly elected Ontario Tory MP has a professional and ethical duty to put the protection of health ahead of politics.

THE CANADIAN PRESS

Air wing quits Kandahar

FAREWELL. The Canadian

air wing in Kandahar, a unit that helped boost counter-insurgency efforts, is now part of the history books.

The air contingent formally stood down at Kandahar Airfield on Thursday in a brief ceremony.

THE CANADIAN PRESS

Novel breaks porn law: Cops

CHARGES. Police are alleging a 57-year-old northeastern Ontario man's novel is in violation of Canada's child pornography laws.

Police say they searched a Kapuskasing home after receiving information the occupant authored and published a novel allegedly violating child pornography laws.

They also seized a computer, allegedly containing pictures of sexual abuse. A man faces various charges.

THE CANADIAN PRESS

No hiding place for 32

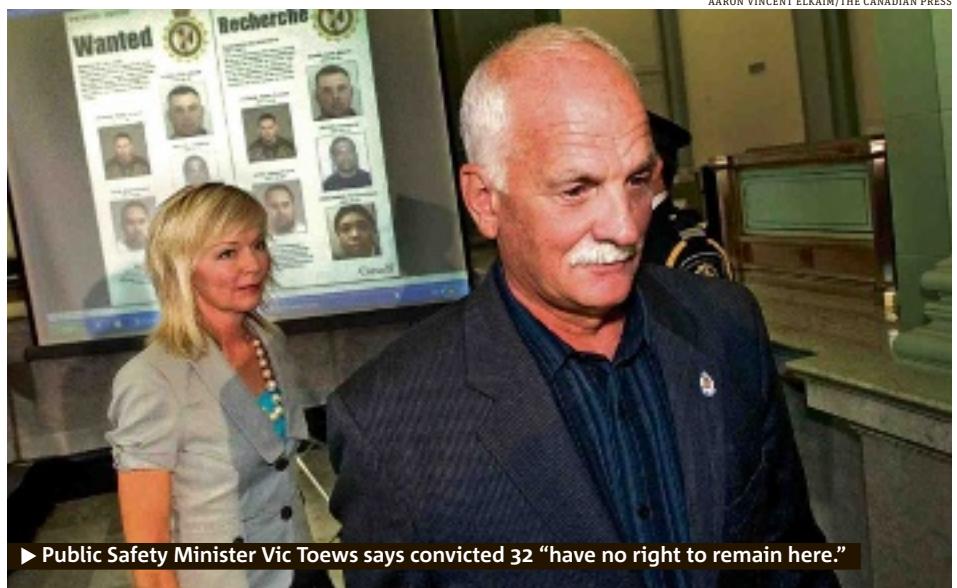
- Ottawa adds convicted immigrants and refugees to online wanted list
- Toews: 'Those who believe they are above the law will find no leniency'

The federal government is expanding its online wanted list to include immigrants and refugees who have been convicted of serious crimes in Canada and are facing deportation.

The Canada Border Services Agency is adding 32 people to a new section of the "Wanted by the CBSA" page on its website, Public Safety Minister Vic Toews said Thursday.

The 30 men and two women on the list came to Canada through the immigration and refugee system and have permanent resident status.

Toews said they have been convicted on charges with the legal designation of "serious criminality" — crimes with a sentence of more than six months, which were committed here.



► Public Safety Minister Vic Toews says convicted 32 "have no right to remain here."

AARON VINCENT ELKAIM/THE CANADIAN PRESS

All are wanted on Canada-wide removal warrants, while many on the list could not be found after they finished serving time

in custody. "They have been punished and they have no right to remain here," Toews told reporters in Toronto.

People on the list come from all over the world, including Latin America, Africa, China and Europe.

THE CANADIAN PRESS

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Source: Ontario Medical Association, 2011.

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Conference focuses on long-term plans

► **Officials at emergency meeting look past immediate solutions for food and famine crises in Horn of Africa**

The agriculture minister of drought-hit Kenya appealed Thursday for seeds, irrigation plans and infrastructure to avoid a repetition of famine and food crises in the Horn of Africa "every two years."

Sally Kosgei and other delegates at an emergency conference in Rome voiced what they said was a need to look beyond the starving populations' immediate needs and focus on longer-term solutions for the region.

"It is really very important that the world focus now on how to avoid yet another famine or many more famines," Kosgei told the delegates gathered by the UN agency Food and Agriculture Organization.

Looking ahead

► Kenya's agriculture minister called for drought-resistant crops to be spread across the region, small irrigation plans to be implemented to help small scale farmers, and infrastructure to allow for quicker transportation of foods across the region.

ered by the UN agency Food and Agriculture Organization.

Tens of thousands of people are feared to have died in the famine, caused by war in Somalia and drought in the Horn of Africa — Kenya, Ethiopia,

Djibouti, Eritrea and Somalia. More than 12 million people in the region need food aid, according to the United Nations.

Kosgei said that meetings with several delegations from all over the world over the past months have left her with the impression that "long-term solutions we have put on the table have not been taken seriously by those we have met."

"They seem to be more focused on what is to be done now, which is important," she said, "but what to do to avoid a repetition of this every two years to us is very crucial."

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► Children from southern Somalia line up to receive cooked food distributed by a local NGO in Mogadishu, Somalia, on Thursday.



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FARAH ABDI WARSAMEH/THE ASSOCIATED PRESS



The Game dodges charges

The Los Angeles County Sheriff's Department said it would not seek criminal charges and has closed its investigation into a tweet that prompted hundreds of calls to a sheriff's station, jamming phone lines for hours.

The Game, whose real name is Jayceon Terrell Taylor, posted a tweet encouraging his followers to call a number if they wanted an internship.

That number turned out to be the Compton station's official help line.

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Teen back in the hot seat

► Winnipeg teen who wrote of bombing school appears in court after flashing knife at school



JAMES TURNER
@METRONEWS.CA
METRO CANADA IN WINNIPEG

A Winnipeg teen who talked of blowing up a local high school using homemade bombs and who wrote theories about "total war" is back in the hot seat after flashing a knife at a separate school.

The 16-year-old boy ap-

peared in court yesterday for violating a sentence condition that he not have or carry any weapons.

He was convicted last fall of uttering threats in connection to a bizarre scenario at a school. The details of what happened were never made public.

Metro isn't identifying the school as it may identify the teen, which is forbidden under Canadian

"There was indications that (he) had been planning on — or at least writing about — making bombs and blowing up the school." CROWN ATTORNEY SUSAN BARAGAR

youth justice laws.

School officials called police after a guidance counsellor raised concerns about bullying when the boy made a threat to kill a fellow student, Crown attorney Susan Baragar said.

The counsellor handed over a journal of "pages and pages" of "very disturbing" writings, she said.

The boy was rearrested in January after turning up at his new school and showing a student a knife.



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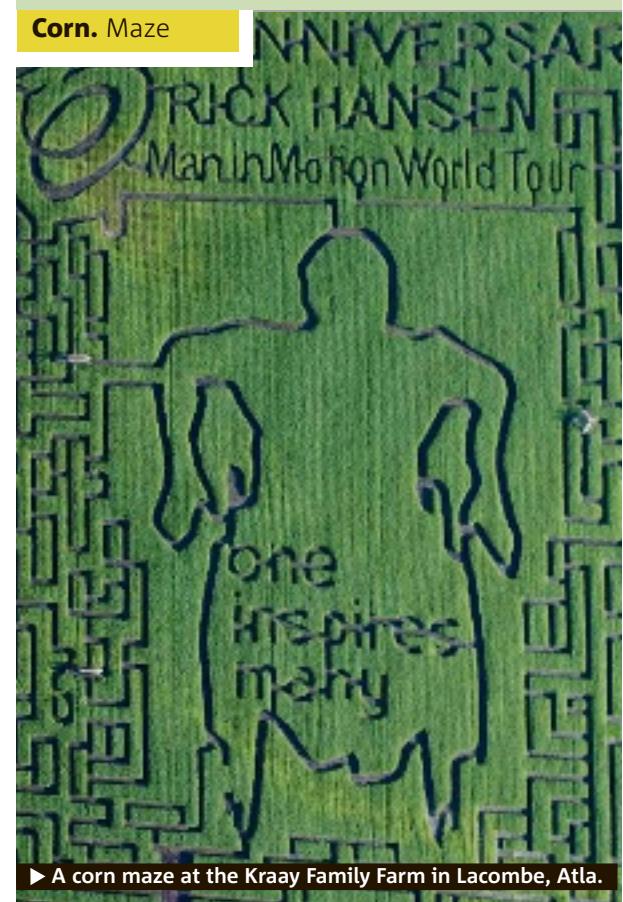
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Celebrating Rick Hansen

The corn maze pays tribute to the 25th Anniversary of Rick Hansen's Man in Motion World Tour for spinal cord research. People pay a fee to wander through the corn maze and part of the fee is donated to Hansen's organization.

Facebook murder plot not likely behind hit

Police near Philadelphia say a man who was shot earlier this week was likely killed for selling bad drugs, not because his girlfriend sought out a hitman on Facebook.

Police in Upper Darby yesterday charged a man with carjacking the vehicle involved in Monday's shooting of Corey White. White's

ex-girlfriend is being held on charges she used Facebook to find someone to kill him. A judge upheld felony charges against London Eley and the would-be hit man, Timothy Bynum, 18, hours before White was killed. Both had been in jail for weeks when someone shot White.

Upper Darby Police Supt. Michael Chitwood says 24-year-old Alexander Solomon is now charged with carjacking that vehicle. Chitwood says it appears White was killed for selling bad marijuana.

THE ASSOCIATED PRESS

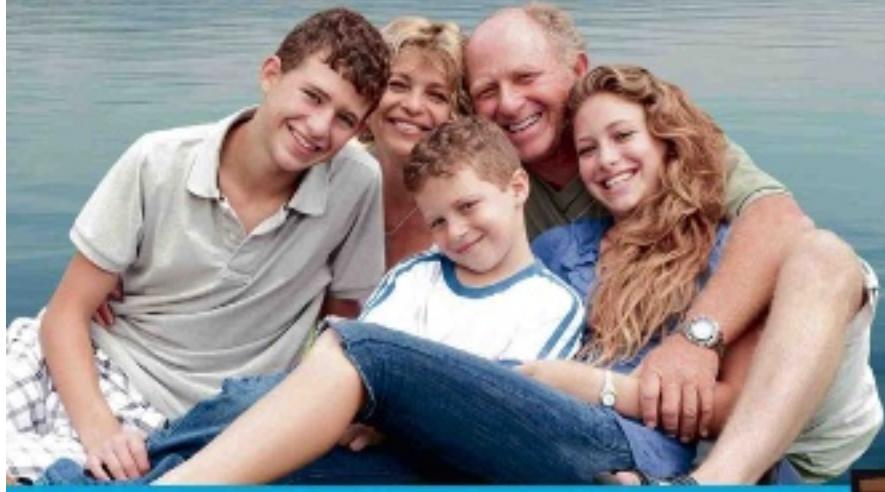
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► Pope Benedict XVI walks with young people through the Puerta de Alcalá in Madrid on Thursday. Benedict is on his third trip to Spain as pope, for World Youth Day.

Look beyond profits: Pope

► Economy 'needs an ethical reason to work for mankind' ► Youth must be considered, Benedict says

Pope Benedict XVI denounced the profit-at-all-cost mentality that he says is behind Europe's economic crisis as he arrived in hard-hit Spain on Thursday, and said ethics must play a greater role in formulating economic policy.

Benedict made the comments as he travelled to Madrid for World Youth Day, a weeklong Catholic festival that is taking place against a backdrop of the European debt crisis and social unrest among the

"Man must be at the centre of the economy, and the economy cannot be measured only by maximization of profit but rather according to the common good." POPE BENEDICT XVI

young that exploded in the recent riots in Britain. He said the sense of desperation among young people proves that ethics have been left out of economic policy.

Benedict arrived in a cloudy Madrid to a boisterous welcome from young people with their faces

painted the colours of the Spanish flag.

In a speech delivered on the tarmac at Barajas airport, Benedict referred to the precariousness many young people see in their future. Unemployment in Spain is nearly 21 per cent, the highest in the euro-zone. **THE ASSOCIATED PRESS**

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'Dark pool' market coming to Canada

Goldman Sachs is set to launch a new stock exchange in Canada that would anonymously match buyers and sellers of TSX-listed equities, also known as a "dark pool" market, the Wall Street investment bank said Thursday.

Broker-dealers, hedge funds and institutions would subscribe to the alternative trading system, called SIGMA X Canada. Goldman Sachs provides similar trading in the United States, Europe and Asia.

"The growth potential of the Canadian equity market is significant," said Todd Lopez, managing director and co-head of Americas sales.

"We believe unique, alternative pools of liquidity will continue to play an important role in the Canadian market's development."

Market moment

TSX	Dollar
- 392.9 (12,186.71)	- 0.90¢ (101.17¢ US)
- \$5.20 (\$82.38 US)	Natural gas 1,000 cu ft \$3.892 US (- 4.1¢) Gold contract \$1,822 US (+ \$28.20)

Dark pools allow institutional investors to move large blocks of shares without having to publicly reveal who they are.

"If word gets out that they are the buyers or the

sellers, then that could impact on what the potential price might be," said Stephen Foerster, finance professor at the Richard Ivey School of Business at the University of Western Ontario.

The move comes as competition in the stock market arena intensifies.

Maple Group Acquisition Corp. is in the middle of a \$3.8-billion hostile takeover bid for TMX Group, operator of Canada's major exchanges, including the TSX. The acquisition would be merged with Maple's market operations, raising concerns about concentration.

"The good news is with Goldman coming in, at least that's the possibility of more competition," Foerster said.

THE CANADIAN PRESS

The new patent 'arms race'

In the cutthroat world of high technology, it isn't just hardware and software that companies are using to wage war against rivals. Patents have become a mallet wielded by corporations to pummel their competitors.

Google Inc. announced on Monday that it will pay \$12.5 billion US for Motorola Mobility Holdings Inc., specifically for its cache of 17,000 patents. Google needs the patents to shield companies such as HTC Corp. and Samsung Electronics Co. — who make phones based on Google's Android software — from lawsuits filed by Microsoft Corp. and Apple Inc.

"Patents have become legal weapons. They're not representing ideas anymore," said James Bessen, a lecturer at Boston University.

Industry watchers caution that patent filings and lawsuits are distracting companies and sapping resources that would be better spent on research and development.

THE ASSOCIATED PRESS

Princess. Dollies



► Abbey Chan from Malaysia holds Prince William and Princess Catherine dolls as they go on sale in a department store in London on Thursday. The dolls together sell for £100 (about \$164 Canadian).

ALASTAIR GRANT/THE ASSOCIATED PRESS

Move over, Barbie and Ken

Airline to lose CEO in cutbacks

► Air Berlin's North Africa-bound flights are down 25 per cent ► New aviation tax was imposed in January

Germany's second-biggest airline, Air Berlin PLC, said Thursday its founder plans to quit as CEO after it announced plans to chop routes amid losses that it blamed on high fuel prices, a new aviation tax and sagging demand for travel to North Africa.

Joachim Hunold, who founded Air Berlin in 1991, plans to offer his resignation effective Sept. 1, Air Berlin said.

He recommended that Hartmut Mehdorn, a former chief executive of Germany's national railway, become his interim successor.

Air Berlin announced Hunold's departure shortly after it released weak second-quarter results and disclosed a program of cutbacks.

"In order to become profitable, we need to make cuts in our flight



► Air Berlin aircrafts at Tegel airport in Berlin, Germany in March 2010.

routes and in our fleet," Hunold said in a statement.

Air Berlin said it will concentrate increasingly on its hubs in Berlin, Dusseldorf, Palma de Mallorca and Vienna.

It said it plans to cut flight frequencies and reduce capacity in the second half, reducing its fleet by eight aircraft. Air Berlin

currently has 170 planes.

Routes that will be cut include Frankfurt-Hamburg domestic flights, Frankfurt-Naples, Munich-Cairo, and Duesseldorf-Paris.

Air Berlin will thin out a dense network of connections from German regional airports — cutting, for example, flights from Muenster-Osnabrueck, Hannover and Paderborn to London.

Air Berlin said its overall second-quarter revenue was up 27.3 per cent from a year earlier at C1.1 billion, though it said the figure was "lower than planned." Its net loss came in at C43.9 million.

The company's shares rose after it announced Hunold's departure, but sank again in later trading and were down 3.4 per cent at C2.47 by midday.

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13th arrest in hacking scandal

British police made their 13th arrest Thursday in the tabloid phone hacking scandal, while an actress and her ex-soccer player husband announced they had agreed to a settlement in a hacking case against the now-shuttered News of The World.

Police confirmed a 38-year-old man was arrested

Thursday. He was later released on bail.

Britain's Guardian newspaper reported the suspect was James Desborough, formerly the Los Angeles-based U.S. editor for the News of the World and the 2009 winner of the British Press Award for show business reporter of the year. It has

not been confirmed whether Desborough is the suspect questioned.

Additionally, lawyers for British television actress Leslie Ash and former soccer player Lee Chapman confirmed they had resolved their legal action against the News of The World.

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THE METRO LIST

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1 **Solar flares:** An article in TheWeek.com suggested solar flares, of all things, could be partly to blame for causing people to go off the deep end in the

London riots. Seems some scientists suggest these "geomagnetic storms" could have caused the unrest that week, as there is some evidence they impact human behaviour. Everything I did wrong that week I now unapologize for.

2 **Dads on vacation:** This Tumblr blog (dadsonvacation.Tumblr.com) could really catch on. It's simply awkward pictures submitted of dads posing on vacation with landmarks and such. Think of it as a spinoff of the hilarious site AwkwardFamilyPhotos.com. All that's needed now is a site for moms to post pictures of themselves from Girls Nights Out. Actually, those should maybe stay in the vault.

3 **Brett Lawrie:** Remember that name. Because the 21-year-old pride of Langley, B.C., will become a household name. He may be the most hyped Toronto Blue Jay of all time, but when you're a hard-nosed Canuck with amazing raw talent playing on the only Canadian MLB team, that's to be expected. He's a grand slam. All-star appearances, MVP awards, World Series rings all to come.

4 **Tara Reid engaged! No! Married!**: Tara Reid tweeted over the weekend that she was in Greece and engaged to beau Zack Kehayov. Hours later, she tweeted she had married now-husband Zack Kehayov. We thought long courtships were the way to go to make sure the fit was there, but now whirlwind romances that you tweet about will be all the rage. Not.

5 **Kate Gosselin cancelled:** Good riddance. TLC announced this week that Kate Gosselin's reality show Kate Plus 8 will be shuttered after this season. The show reached its peak around the time the marriage of Kate and Jon was melting down before our eyes when the show was Jon & Kate Plus 8. As a Gawker.com post commented, "(the kids) know not the craven greed machine they were plugged into."

6 **Blake Griffin:** NBA superstar Blake Griffin might have delivered the tweet of the week to his 460,000 followers: "Accidentally hit a squirrel yesterday in my car. Feel so guilty I could barely sleep. Casey Anthony is a monster." Enough said.

7 **Teen vampire:** A 19-year-old dude in Texas broke into a complete stranger's apartment on the weekend and began making "growling and hissing noises" while "biting and hitting" her. When apprehended, the kid told police, "I'm a vampire, and I've been alive for over 500 years." Or he's just watched Twilight one too many times.

8 **Will you YouTube me?**: Windsor, Ont.'s Colleen Freker thought she was going to a retirement party last Saturday. She was actually going to her own wedding, planned by her beau Shawn Lippert. And it was all caught on film and subsequently posted to YouTube, where it now has more than 200,000 views. Thank God she said yes.

Follow Neil Morton on Twitter (@neilmorton).



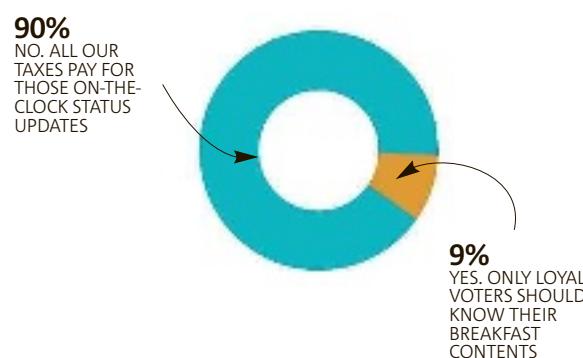
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Local tweets



► **@the_creech:** Bob Marley and the Hartford Whalers #NHLbands

► **@KhalidSensFan:** This is a good one RT @giark: Sedin Dion #NHLBands

► **@top_tw_sports:** RT @Bshu42: Dixie Chicks, or as I like to call em: The Vancouver Canucks #nhlbands

► **@OttawaPro:** #ByWardMarket - great service at York Street Spa today! #Ottawa

► **@donottawa2010:** Love Shopping or eating out? Daily deals of 50-90% OFF right here in #ottawa @kahoottawa www.kahoot.ca

► **@CristineLavigne:** I need a new job!! Anyone looking for an organized, efficient, reliable executive assistant with great customer service in the #Ottawa area?

► **@ottgal:** Loving 2 for 1 margaritas at @burritoboracho with @ottguy! #Ottawa

Worth Mentioning

NHL. Changes are coming to NHL arenas this fall even though the league didn't emerge from its two-day research-and-development camp with any significant rule recommendations.

When the puck drops on a new season in October, each of the 30 arenas around the league will feature a curved spring-loaded glass stanchion between the benches to protect players. There will also likely be a series of minor changes made around the net to assist with video-review calls.

The new glass stanchions are designed to prevent incidents like the one that saw Montreal Canadiens forward Max Pacioretty suffer a concussion last season after being hit by Boston Bruins defenceman Zdeno Chara and slamming into the boards between the benches.

The new design of net comes with a 40-inch frame as opposed to the traditional 44 inches. It also features a clear plastic strip along the top, thinner mesh and a built-in high definition camera — changes that should make the job easier for the league's video review room.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

The human brain, encoded into a series of 1s and 0s

Computers, like humans, can learn. But when Google tries to fill in your search box based only on a few keystrokes, or your iPhone predicts words as you type a text message, it's only a narrow mimicry of what the human brain can do.

The challenge in training a computer to behave like a human brain is technological and physiological, testing the limits of computer and brain

science. But researchers from IBM Corp. say they've made a key step toward combining the two worlds.

The company announced that it has built two prototype chips that it says process data more like how humans digest information than the chips that now power PCs and supercomputers.

The chips represent a significant milestone in a six-year-long project that has involved some \$41 million in funding from the government's Defence Advanced Research Projects Agency, or DARPA.

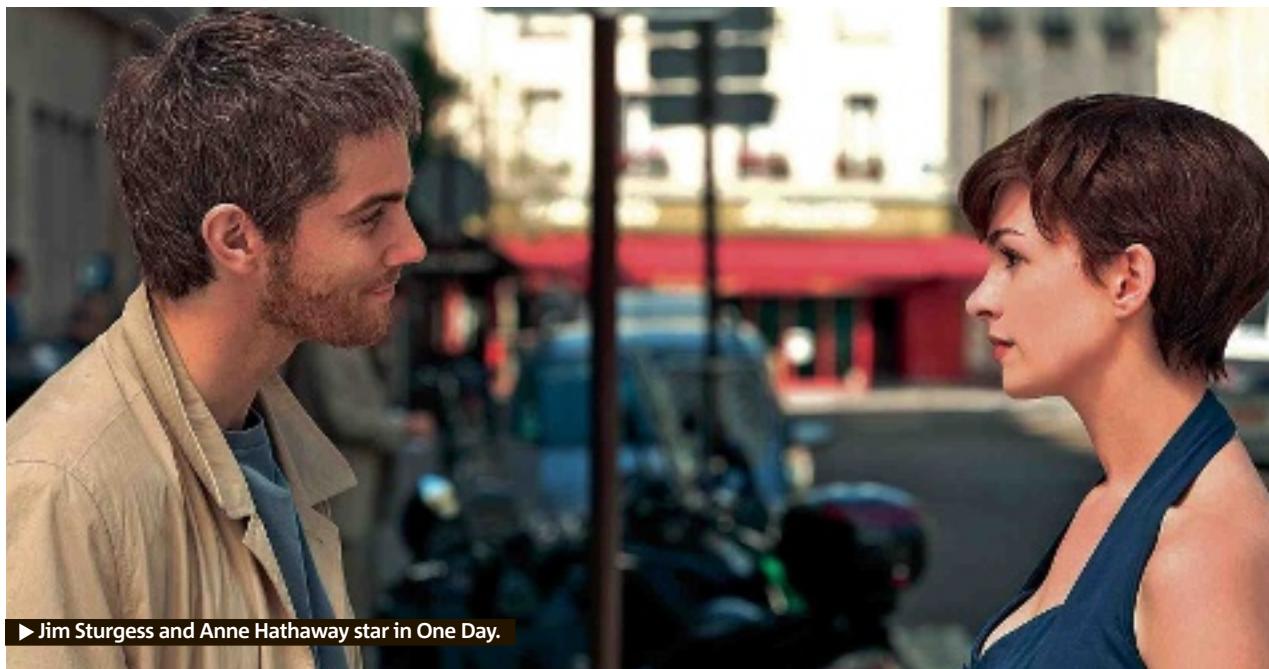
The uses of the IBM chips so far are prosaic, such as steering a simulated car through a maze, or playing Pong. It may be a decade or longer before the chips make their way out of the lab.

THE ASSOCIATED PRESS

Plot synopsis

► Jim Sturgess and Anne Hathaway play friends who meet on July 15, 1988 and play romantic cat and mouse for almost the next 20 years. They spend most of their lives trying not to fall in love until one day, July 15th, no less, they take the leap.

► Ratings:
Richard: 3 1/2
Mark: 3 1/2



Reel Guys

RICHARD
CROUSE &
MARK
BRESLIN

SCENE@METRONEWS.CA



A day full of gimmicks

- One Day moves too slow and its romantic premise feels contrived
- Crouse and Breslin butt heads over the chemistry of Hathaway and Sturgess

Richard: Mark, One Day is many things. It's a style parade of hair and clothes from the past two decades and it's an interesting take on how to tell a story but it's also a little disconnected. I think the year-by-year format — we drop in on Jim and Anne every July 15 for 20 years — is the culprit. It begins to feel gimmicky by the early '90s and by the millennium it almost feels as though it is playing out in real time.

MB: Finally, a movie that asks the question: What happens when an insufferable prig meets an egomaniacal twit? The answer is: very little, at least until 15 years has passed. In the '70s, there was a film and

play called Same Time Next Year, which used a similar gimmick. In that film, a couple meet every year at the same time for a sexy romp, and slowly fall in love. In this movie, the couple start off with a romantic friendship, and then consummate the relationship after many years. And there, Richard, is the indisputable evidence of why the '70s was a much better time.

RC: Ha! I'll give you that this might have been a very different story had it been set in 1974, but I thought the decades-long dance they do as they pretend not to be in love showed the chemistry between the two. The film has some serious

structural flaws but the spark between the two of them forgives many of the film's sins.

MB: Spark? What spark? I could barely see what they saw in each other. He's a jerk, at least until half the movie's over, and she's a puritan with bad taste in eyewear. And her accent is as fake as the rest of this sentimental travelogue through time. The movie did make London look very appealing, though, so I kept wishing that a neutron bomb would go off, wiping the cast from the screen and leaving all the gorgeous architecture intact.

RC: I clearly liked this more than you! I thought

Sturgess brought an easy charm to the character, and his transformation from happy-go-lucky student to lounge lizard TV presenter is effective. Hathaway's appeal lies in the intelligence she brings to her characters. Here she plays a smarty-pants young woman set adrift in life, someone who is slowly finding the self confidence to be who she really wants to be. In Hathaway's hands you never doubt that she'll get there.

MB: Usually, I'd love to be in Anne Hathaway's hands. But not this time. And she wore the same T-shirt in bed in 1988 as she did in 1992. Did she ever wash that thing? Ewww!



Scene in brief



A bank is seeking to foreclose on Burt Reynolds' Florida home so that it can collect about \$1.2 million for a mortgage. The bank claims the Emmy Award-winning actor has not made a mortgage payment since Sept. 1, 2010 on the 12,500-square-foot house.

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Paul Rudd: 'Idealistic' idiot

► Actor wreaks havoc on his sisters' lives in new film *Our Idiot Brother*



NED EHRBAR
SCENE@METRONEWS.CA
MWN IN HOLLYWOOD

Call it the Trouble with Hippies.

Paul Rudd's new film, *Our Idiot Brother*, follows a hapless idealist (Rudd) who, after serving time for selling pot to a uniformed police officer, proceeds to crash with each of his three sisters (played by Elizabeth Banks, Emily Mortimer and Zooey Deschanel), wreaking havoc on their carefully constructed New York City lives in the process.

Rudd admits that, despite the damage Ned creates in the film, his outlook on life is admirable.

"It's an idealistic way to live," he says. "I think we try and strive for that not judgmental, not cynical way of an open and honest way of living. The world doesn't really function like that. Families don't really function like that. It's a balancing act."

The trick to achieving the film's believable bond between the siblings, Rudd insists, was not having any money to make the film.

"I'm sure it bummed them out a little bit sometimes, but we benefited from being a pretty low-budget movie and not hav-



► Paul Rudd stars in *Our Idiot Brother*.

The dreaded pink eye

- While none of the actors describe themselves as particularly Method, Emily Mortimer was extremely helpful in establishing the family dynamic from the get-go.
- "Emily came to set with pink eye on the first day," Elizabeth Banks remembers. "It was repulsive and made us not want to touch her. It really was sweet, it was like she did it for us."

ing trailers and places for people to escape and be alone and forced everyone to hang out with each other all the time," he says.

"It could have backfired and they could have hated each other, but luckily everyone really enjoyed each other."

For some in the cast, though, it wasn't just the working conditions that made the story accessible.

Banks admits she felt some serious déjà vu when she read the script.

"I am the oldest, bossiest daughter of a family of four. I have two sisters, one of whom is a divorced mother of two, and one of whom lives in Brooklyn with four roommates," she says.

"I have a 26-year-old brother who sells pizza and maybe something else while delivering those piz-

zas. Yes, I really connected to the film in a deep way."

She could also relate to Ned, she admits, as she's no stranger to causing strife by saying the wrong thing to the wrong family member.

A particular email about her sister's wedding comes to mind: "Basically I was like, 'When we go to the wedding, we're just going to make the best of a bad situation.' My sister ended up on the email forward and wrote me back, reply-all, 'I really wish I didn't know this was how you were coming to my wedding,'" she says.

"Needless to say, I was not in the wedding at my sister's wedding, nor was my other sister."

► Katie Holmes stars in Guillermo Del Toro's latest horror film, *Don't Be Afraid of the Dark*.



The Lady Holmes



HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Joey Potter has grown up. The 31-year-old woman who became famous for that character on *Dawson's Creek* so many years ago, is now poised and unflappable as she sits in New York's Waldorf Astoria, sweetly answering questions about her latest film, *Don't Be Afraid of the Dark*.

Produced by the auteur of gore, Guillermo Del Toro, *Dark* centres around a young girl named Sally (Bailee Madison) who joins her father (Guy Pearce) and his new girlfriend (Holmes) to live at an old restored mansion, which, Sally learns, harbours some creepy ancient creatures who are dying for some company.

"They're like cockroach-

es but worse because they're slimy, so it's like half-maggot, half cockroach," Holmes says of the predatory homunculi.

Where the actress, who has been married to fellow actor Tom Cruise for five years this November, is heavy on charm — she even thanked us for coming out in the rain to support the film — she's light on candour. Holmes is one to, as we say in the business, "stick to the script" — not that we blame her.

"It was a real thrill to work with Guillermo," she says when asked how doing this movie compared with the horror movies she did earlier in her career.

"I loved the characters and the family dynamics that really bring the audience in. Then, all of a sudden something scary happens and you realize you're on this thrill ride."

ZOE SALDANA

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What the (bleep)?

► Have you noticed more F-bombs in movies? ► It's not your in head — filmmakers are bending the rules

Those extra expletives you're hearing at the multiplex these days aren't just echoes. PG-13 movies, officially allowed one nonsexual F-word per script, are making increased use of that allotment — and more — as filmmakers work the rules in a world where R-rated comedies full of both male and female trash talk have become a summer-time staple.

Recent PG-13 examples include F-bomb reactions to Ryan Gosling's abs in *Crazy Stupid Love*, Bryan Cranston's boorish behaviour in *Larry Crowne* and those rampaging robots in *Transformers: Dark of the Moon*.

"Filmmakers are certainly using it more often, taking advantage of it," says Joan Graves, head of the Motion Picture Associa-

tion of America's Classification and Rating Administration.

Using the F-word outside of the R-rated world certainly isn't a new phenomenon. In fact, prior to the adoption of the PG-13 rating in 1984, the F-word would periodically pop up in PG movies. Even after the creation of the PG-13 rating, movies like *Big* and *Beetlejuice* sneaked in the F-word and still secured a PG rating.

Those days are gone, but the expletive isn't — now uttered outside the province of the R-rating nearly as often as Hollywood does sequels.

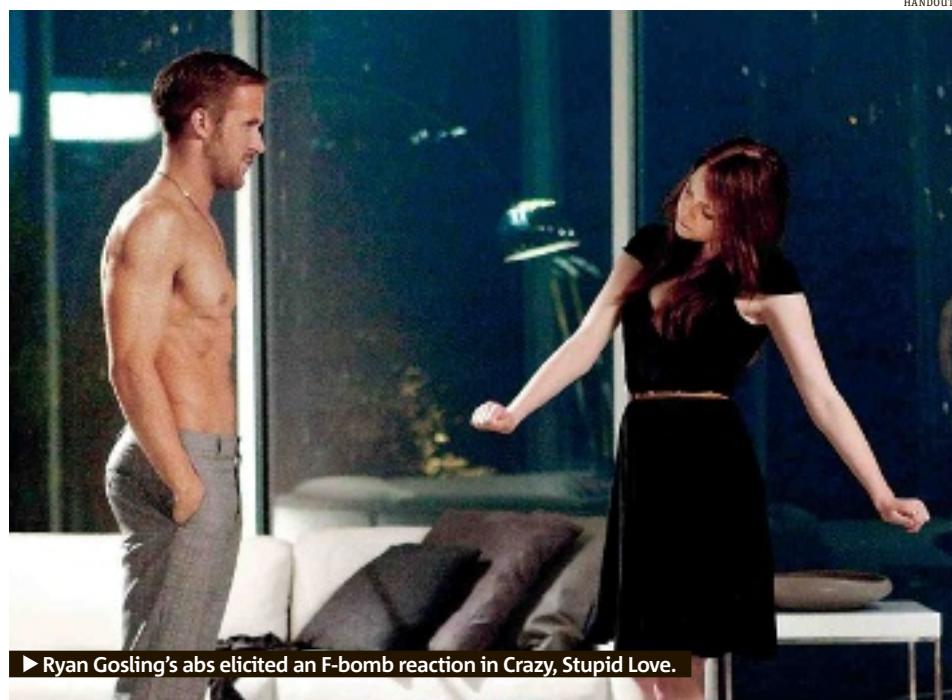
"Making a PG-13 movie, it's always a pick-and-choose battle of where do you want to use one because, often with improvisation, a couple of F-words

will creep into the movie," says *Crazy Stupid Love* screenwriter Dan Fogelman. "So you want to pick the best one, the most appropriate one."

Actually, as watchers of *The Social Network* and *The Tourist* can attest, PG-13 movies occasionally have more than one F-word. So how the (bleep) does that happen?

Officially, the MPAA's Classification and Rating Administration's guidelines state: "A motion picture's single use of one of the harsher sexually-derived words, though only as an expletive, initially requires at least a PG-13 rating. More than one such expletive requires an R rating, as must even one of those words used in a sexual context."

But the MPAA's guidelines then add that if two-



► Ryan Gosling's abs elicited an F-bomb reaction in *Crazy, Stupid Love*.

thirds of the rating board members believe that multiple F-words are used in a legitimate "context or manner" or are "inconspicuous," then the movie could still be rated PG-13.

Says the MPAA's Graves of the rating board's two-thirds override for lan-

guage: "It's hard to explain. But if you've just seen the film and you think they've been innocuous, or they're an hour and a half apart, or they're in the background or not emphatic. Or sometimes they're in the same scene, just repeated twice." Each

of those qualities can make a difference to the board, Graves notes.

"All the raters are parents, and they're charged with rating a film the way they think a majority of American parents would rate the film," Graves adds.

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Conan the Barbarian**Genre:** Action
Director: Marcus Nispel
Stars: Jason Momoa, Ron Perlman, Rose McGowan

The most impressive thing about *Conan the Barbarian* is star Jason Momoa's rear end, which can practically stand up on its own. The same, sadly, can't be said for Marcus Nispel's movie. It's a straight-forward revenge tale that jogs unenthusiastically from action set-piece to action set-piece, borrowing from enough of its predecessors to make the whole thing feel overly generic. The movie's first section, though, is killer, and the highlight is *Conan* as a boy, played by the ferocious Leo Howard. The resemblance to Momoa is striking, but Howard's barbarian is just that much more animalistic and feral. But when your hero is already a fearless warrior who can behead a



whole gang of armed savages twice his size, where else can you possibly go with the character? The only real difference between *Conan* at the beginning and

Conan at the end is that he's older and played by a different actor. Maybe an entire movie about a pre-teen barbarian would've been a better idea.

NED EHRBAR

**Fright Night 3D****Genre:** Comedy/Horror
Director: Craig Gillespie
Stars: Anton Yelchin, Colin Farrell, David Tennant

Even if you're a devotee of director Tom Hol-

land's original 1985 vampire comedy *Fright Night*, you might still be able to groove on Craig Gillespie's contemporary 3D remake. When *Fright Night 3D* comes into its own, adding new twists

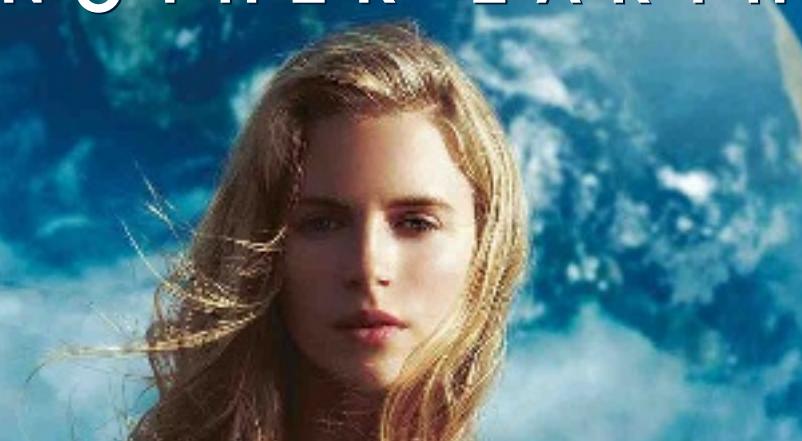
and relying on its novel setting and the strengths of its new cast and characters, only the most dour pundit would argue the movie is nothing short of a breath of fresh fetid air. **CHRIS ALEXANDER**

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Spy Kids: All the time in the world in 4D

Genre: Action

Director: Robert Rodriguez

Stars: Jessica Alba, Jeremy

Piven, Joel McHale



When Alexa Vega, star of the original Spy Kids, pops up on-screen in Spy Kids 4

as a full-fledged adult, it will make you feel old. Yes, it's been 10 years since the first film, and while Robert Rodriguez's grasp of micro-budget effects has come a long way, his knack for kid-friendly stories hasn't. The jokes are groan-inducing even for the elementary school set, and the less said about the Aroma-Scope scratch-and-sniff cards given out the better, except to point out that nearly half of the smell cues are flatulence-related. While it might seem futile to critique the script of a movie like this, it's truly amazing that Rodriguez managed to work the word 'time' into almost every line of dialogue. The movie also features Jeremy Piven in multiple roles, which really should be enough of a red flag on its own, and Ricky Gervais as the voice of a robot dog that speaks exclusively in fart jokes and Ricky Gervais stand-up bits. **NED EHRBAR**

Sarah's Key

Genre: Drama

Director: Gilles Paquet-Brenner

Stars: Kristin Scott Thomas, Melusine Mayance



Sarah's Key is a well-intentioned, muddled, and self-important drama that attempts to spin a feel good story out of a contemporary reporter uncovering a particularly harsh tale of Holocaust survival. Kristin Scott Thomas stars and brings with her an air of British thespian legitimacy, but none of her wry smirking or pained emoting can conceal the fact that the film is a big screen TV melodrama.

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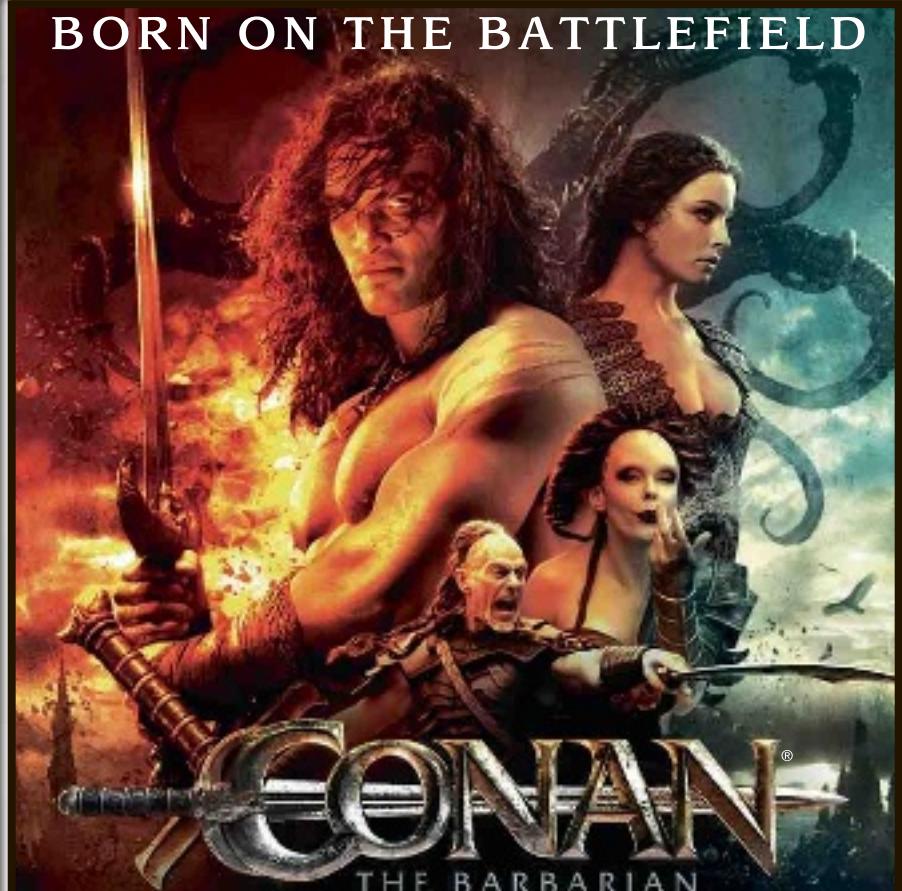
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OTTAWA**BYTOWNE CINEMA**
325 Rideau St., 613-789-3456**Circo** (STC) Fri 5:15 Sat 3
In a Better World (14A) Tue 4:35 Wed 4:15
Thu 9
Life, Above All (STC) Fri 9:10 Sat 6:55 Sun 2:30 Mon 9:10 Wed-Thu 6:40
The Man Who Knew Too Much (STC) Wed 9 Thu 4:10
The Tree of Life (PG) Fri 7 Sat 4:45-9:15 Sun 4:20 Mon-Tue 7
The Way Back (14A) Sun 8:50 Mon 4:15**CANADIAN FILM INSTITUTE**
2 Daly Ave., Suite 120, 613-232-6727**Abohomaan - The Eternal** (STC) Sun 3
Kaal Chilambu (STC) Sat 3
Makaramanju (STC) Sun 7
No Films Showing Today (STC) Mon-Thu
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Vihir (STC) Fri 7**CANADIAN MUSEUM
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Land of Giants (STC) Fri-Thu 10:4-5 Fri-Thu 10:30-4:30**CENTRE TOWN MOVIES**
Dundonald Park, 512 Somerset St. W., 613-232-1534, centretownmovies.org**No Films Showing Today** (STC) Fri Sun-Thu
Surprise Film (STC) Sat 9**COLISEUM OTTAWA**
3090 Carling Ave., 613-596-9475**30 Minutes or Less** (14A) Fri-Thu 12:55-4-7:15-10:15
Captain America: The First Avenger (PG) Fri-Thu 1:05-7:20
The Change-Up (14A) Fri-Thu 9:50
Conan the Barbarian 3D (18A) Fri-Thu 1:30-4:30-7:30-10:30
Crazy, Stupid, Love. (PG) Fri-Tue 4:25-10:25 Wed 4:25-10:25 Thu 4:25-10:25
Final Destination 5 (STC) Thu 6:40
Final Destination 5 3D (STC) Fri-Thu 1:20-3:30-4:10-6:40-7:45-9:55
First Dog (PG) Sat 10
Fright Night 3D (STC) No Passes Fri-Thu 12:30
Glee the 3D Concert Movie (G) Fri-Wed 12:35-3:40-7:10 Thu 12:35-9:40
Harry Potter and the Deathly Hallows: Part 2 (PG) Fri-Tue 12:05-3:20-6:50-10 Wed 12:05-3:20-10:10 Thu 12:05-3:20-6:50-10
The Help (PG) Fri-Wed 12:35-2:57-5:05-10:20 Thu 12:35-5:05-10:20 Star & Strollers Screening Thu 1
The Metropolitan Opera: Don Carlo Encore (STC) Wed 6:30
One Day (PG) Fri-Thu 12:10-3:10-6:45-9:40
Rise of the Planet of the Apes (PG) Fri-Wed 1:40-20-7:25-10:05 Thu 12:45-4:20-7:25-10:05
The Smurfs (G) Fri-Thu 12:50-3:50-6:35-9:35
Spy Kids: All the Time in the World in 4D (PG) Fri-Thu 12:40-3:05-6:30-9**EMPIRE 7 CINEMAS**
111 Albert St., 3rd Floor, World Exchange Plaza, 613-233-0209**30 Minutes or Less** (14A) Fri 1:35-6:35-9:40 Sat 6:35-9:40 Sun-Thu 1:35-6:35-9:40**Another Earth** (14A) Fri 4:79:20 Sat-Thu 12:35-4:7-9:20**Crazy, Stupid, Love.** (PG) Fri 12:50-3:50 Sun-Tue 12:50-3:50-6:50-9:30 Wed-Thu 12:50-3:50-9:30**The Help** (PG) Fri-Thu 12:30-3:30-6:30-9:35**One Day** (PG) Fri-Thu 12:45-3:45-6:45-9:15**Rise of the Planet of the Apes** (PG) Fri-Thu 12:40-3:40-6:40-9:10**Sarah's Key** (PG) Fri-Tue 12:55-3:55-6:55-9:25 Wed 12:55-3:55-6:55-9:45 Thu 12:55-3:55-6:55-9:25**MAYFAIR THEATRE**

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Bill Cunningham New York (PG) Mon 9 Wed-Thu 7**Bridesmaids** (14A) Fri 9 Sat 7 Sun 9 Wed 1**Husbands and Wives** (STC) Sun 4:30 Tue 9**The Last Mountain** (STC) Fri 7 Sat 9:30 Sun-Mon 7**Let Sleeping Corpses Lie** (STC) Sat 11:30**Manhattan Murder Mystery** (STC) Sun 2:30 Tue 7**The Muppets Take Manhattan** (STC) Sat 1 Sun 12:30**The Uh-oh Show** (STC) Fri 11:30 Wed-Thu 9**OTTAWA FAMILY CINEMA**
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Bridesmaids (14A) Fri-Thu 10:20-7:10-9:35**Friends With Benefits** (14A) Fri-Thu 4:50-7:20-9:40**Kung Fu Panda 2** (PG) Fri-Thu 12:45-2:35-4:30**Midnight in Paris** (PG) Fri-Thu 7:9**Monte Carlo** (G) Fri-Thu 10:05-12:10-2:25-4:40**Mr. Popper's Penguins** (G) Fri-Thu 12:55-3:5:10**Pirates of the Caribbean: On****Stranger Tides** (PG) Fri-Thu 10:15-4:6:40**Transformers: Dark of the Moon** (PG) Fri-Thu 9:55-6:30-9:25**X-Men: First Class** (PG) Fri-Thu 10:30-9:30**Zookeeper** (G) Fri-Sat 10:15-12:15-2:30 Sun-Mon 12:15-2:30 Tue 10:15-12:15-2:30 Wed 12:15-2:30 Thu 10:15-12:15-2:30 Open Captioned Wed 10:15**RIDEAU CENTRE CINEMAS**
50 Rideau St., 613-234-3712**Conan the Barbarian 3D** (18A) Fri-Thu 2:40-3:50-7:30**Cowboys & Aliens** (STC) Fri-Thu 1:30-6:30**Final Destination 5** (STC) Fri-Thu 4:15-9:15**Fright Night 3D** (STC) Fri-Thu 1:45-4:6:45-9:15**SOUTH KEYS**

2214 Bank St., 613-736-1115

30 Minutes or Less (14A) Fri-Thu 11:30-1:55-4:25-6:50-9:30**Captain America: The First Avenger 3D** (PG) Fri-Thu 10:10**Conan the Barbarian** (18A) Fri-Thu 10:15-1:05-4:7-25-10:10**Crazy, Stupid, Love.** (PG) Fri-Thu 10:40-10:45

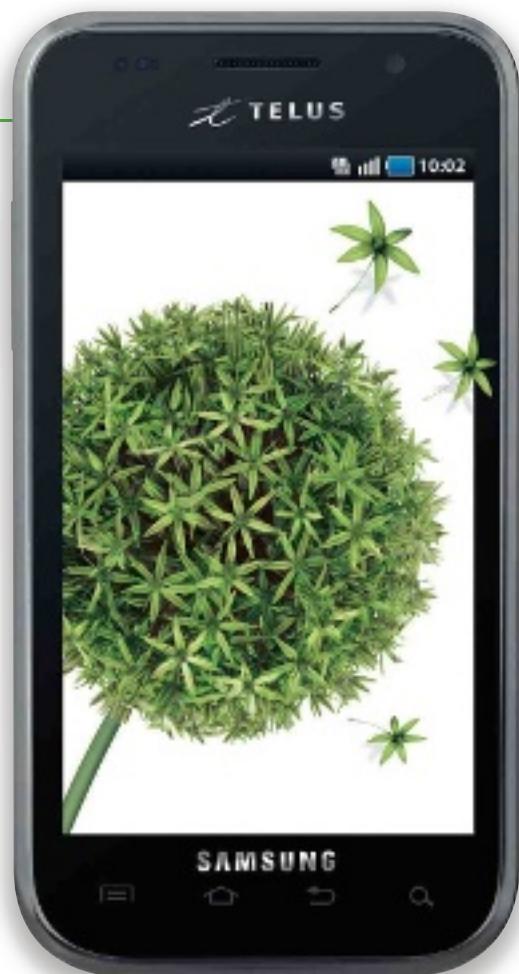
1:25-4:10-7:9-5:0

Final Destination 5 3D (STC) Fri-Thu 11:15-1:45-4:40-7:15-9:40**Fright Night** (STC) No Passes Fri-Thu 10:45-1:30-4:15-7:10-9:55**Glee the 3D Concert Movie** (G) Fri-Thu 10:30-12:50-3:50-5:50-7:30-9:30**No Films Showing Today** (STC) Wed-Thu 10:30-12:50-3:50-5:50-7:30-9:30**Rise of the Planet of the Apes** (G) Fri-Thu 10:45-1:35-3:45-6:45-9:45**Harry Potter and the Deathly Hallows: Part 2** (PG) Fri-Thu 12:30-3:30-6:30-9:30**Hallows: Part 2** (PG) Fri-Thu 12:30-3:30-6:30-9:30**Monte Carlo** (G) Fri-Thu 10:40-12:50-3:45-6:45-9:45**No Films Showing Today** (STC) Fri-Thu 10:40-12:50-3:45-6:45-9:45**Rise of the Planet of the Apes** (G) Fri-Thu 10:45-1:35-3:45-6:45-9:45**Harry Potter and the Deathly Hallows: Part 2** (PG) Fri-Thu 12:30-3:30-6:30-9:30**Monte Carlo** (G) Fri-Thu 10:40-12:50-3:45-6:45-9:45**No Films Showing Today** (STC) Fri-Thu 10:40-12:50-3:45-6:45-9:45**Rise of the Planet of the Apes** (G) Fri-Thu 10:45-1:35-3:45-6:45-9:45**Harry Potter and the Deathly Hallows: Part 2** (PG) Fri-Thu 12:30-3:30-6:30-9:30**Monte Carlo** (G) Fri-Thu 10:40-12:50-3:45-6:45-9:45**No Films Showing Today** (STC) Fri-Thu 10:40-12:50-3:45-6:45-9:45**Rise of the Planet of the Apes** (G) Fri-Thu 10:45-1:35-3:45-6:45-9:45**Harry Potter and the Deathly Hallows: Part 2** (PG) Fri-Thu 12:30-3:30-6:30-9:30**Monte Carlo** (G) Fri-Thu 10:40-12:50-3:45-6:45-9:45**No Films Showing Today** (STC) Fri-Thu 10:40-12:50-3:45-6:45-9:45**Rise of the Planet of the Apes** (G) Fri-Thu 10:45-1:35-3:45-6:45-9:45**Harry Potter and the Deathly Hallows: Part 2** (PG) Fri-Thu 12:30-3:30-6:30-9:30**Monte Carlo** (G) Fri-Thu 10:40-12:50-3:45-6:45-9:45**No Films Showing Today** (STC) Fri-Thu 10:40-12:50-3:45-6:45-9:45**Rise of the Planet of the Apes** (G) Fri-Thu 10:45-1:35-3:45-6:45-9:45**Harry Potter and the Deathly Hallows: Part 2** (PG) Fri-Thu 12:30-3:30-6:30-9:30**Monte Carlo** (G) Fri-Thu 10:40-12:50-3:45-6:45-9:45**No Films Showing Today** (STC) Fri-Thu 10:40-12:50-3:45-6:45-9:45**Rise of the Planet of the Apes** (G) Fri-Thu 10:45-1:35-3:45-6:45-9:45**Harry Potter and the Deathly Hallows: Part 2** (PG) Fri-Thu 12:30-3:30-6:30-9:30**Monte Carlo** (G) Fri-Thu 10:40-12:50-3:45-6:45-9:45**No Films Showing Today** (STC) Fri-Thu 10:40-12:50-3:45-6:45-9:45**Rise of the Planet of the Apes** (G) Fri-Thu 10:45-1:35-3:45-6:45-9:45**Harry Potter and the Deathly Hallows: Part 2** (PG) Fri-Thu 12:30-3:30-6:30-9:30**Monte Carlo** (G) Fri-Thu 10:40-12:50-3:45-6:45-9:45**No Films Showing Today** (STC) Fri-Thu 10:40-12:50-3:45-6:45-9:45**Rise of the Planet of the Apes** (G) Fri-Thu 10:45-1:35-3:45-6:45-9:45**Harry Potter and the Deathly Hallows: Part 2** (PG) Fri-Thu 12:30-3:30-6:30-9:30**Monte Carlo** (G) Fri-Thu 10:40-12:50-3:45-6:45-9:45**No Films Showing Today** (STC) Fri-Thu 10:40-12:50-3:45-6:45-9:45**Rise of the Planet of the Apes** (G) Fri-Thu 10:45-1:35-3:45-6:45-9:45**Harry Potter and the Deathly Hallows: Part 2** (PG) Fri-Thu 12:30-3:30-6:30-9:30**Monte Carlo** (G) Fri-Thu 10:40-12:50-3:45-6:45-9:45**No Films Showing Today** (STC) Fri-Thu 10:40-12:50-3:45-6:45-9:45**Rise of the Planet of the Apes** (G) Fri-Thu 10:45-1:35-3:45-6:45-9:45**Harry Potter and the Deathly Hallows: Part 2** (PG) Fri-Thu 12:30-3:30-6:30-9:30**Monte Carlo** (G) Fri-Thu 10:40-12:50-3:45-6:45-9:45**No Films Showing Today** (STC) Fri-Thu 10:40-12:50-3:45-6:45-9:45**Rise of the Planet of the Apes** (G) Fri-Thu 10:45-1:35-3:45-6:45-9:45**Harry Potter and the Deathly Hallows: Part 2** (PG) Fri-Thu 12:30-3:30-6:30-9:30**Monte Carlo** (G) Fri-Thu 10:40-12:50-3:45-6:45-9:45**No Films Showing Today** (STC) Fri-Thu 10:40-12:50-3:45-6:45-9:45**Rise of the Planet of the Apes** (G) Fri-Thu 10:45-1:35-3:45-6:45-9:45**Harry Potter and the Deathly Hallows: Part 2** (PG) Fri-Thu 12:30-3:30-6:30-9:30**Monte Carlo** (G) Fri-Thu 10:40-12:50-3:45-6:45-9:45**No Films Showing Today** (STC) Fri-Thu 10:40-12:50-3:45-6:45-9:45**Rise of the Planet of the Apes**



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Young actor steps into a king's shoes

- Jamie Campbell Bower set to play fabled King Arthur in Camelot
- Show imagines when Arthur was just a 'scared and confused' child

 **AMBER RAY**
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Jamie Campbell Bower wonders if it's something other than his talents that helped him land roles in two of Hollywood's most successful fantasy film franchises — Harry Potter and the Twilight saga — not to mention the role of legendary King Arthur in the new Starz epic, Camelot.

"Maybe I have a look," he ponders about his career in the genre. "Do you think I have a look?"

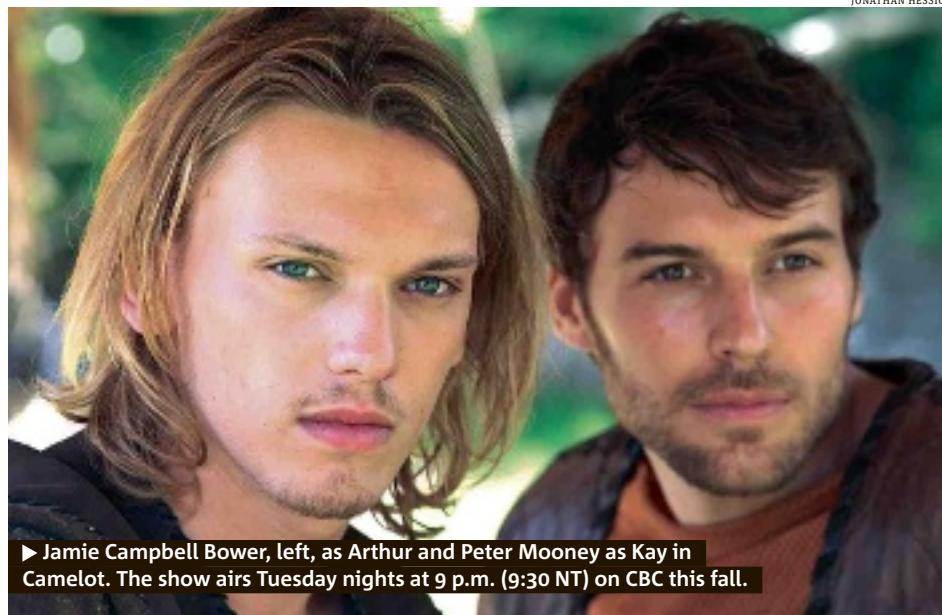
After posing a few questions about tackling the iconic Arthur to the 22-year-old, we're pretty sure his appeal is more about charisma and confidence than just that smouldering stare.

What kind of king do you play in Camelot?

A child. Torn from his home, from everything he thought he knew, and thrown into a position of great power.

Our Arthur, to begin with, is scared and confused, but throughout the first season, and hopefully subsequent, he grows and develops into a man and into a true king.

How does he differ from other



► Jamie Campbell Bower, left, as Arthur and Peter Mooney as Kay in Camelot. The show airs Tuesday nights at 9 p.m. (9:30 NT) on CBC this fall.

incarnations of the character?

Not many interpretations of the myth pick up the story [with Arthur as a boy]. People may have this pre-conceived idea of what King Arthur should be like — a big, bearded, brutish hero, but what we have done is add realism to the story.

If — because there is no factual evidence that this man existed — he did exist, Arthur would have been a boy at some point, and what episodic television allows us is the time to explore the realities of life

and a development of character.

Did you have any apprehensions in bringing this legend to life?

Yes, of course. With great power comes great responsibility. It was terrifying for me but I love a challenge.

Have you experienced any criticism for your interpretation of Arthur? Fantasy fans can be a tough crowd.

Yes. I think there are critics out there who have, like I said before, a preconceived idea of who this character is and they are not willing to

change that.

The whole idea of our show is progression. It should be exciting to see this character grow. I suppose you can't please everyone.

Why do you think the fantasy genre is experiencing so much popularity right now?

Above anything, people want to be taken away from the monotony of daily life. They want to invest in characters. People want to be entertained. I don't think it's a genre thing per say — it should be all about story.

TV picks



► Rosie O'Donnell

Rosie takes on crusty Larry

VYING FOR FEMALE AFFECTION. Rosie O'Donnell returns to Curb Your Enthusiasm Sunday to continue her long-standing rivalry with crusty Larry.

This time they're competing for the same woman's affection.

Elsewhere, Larry probes a Japanese cultural tradition and turns down lunch with an acquaintance. (HBO Canada)

A day in the life of Canada

SOCIAL TIME CAPSULE. Sunday's two-hour documentary special 1 Day features a diverse group of Canadians from across the country whom CBC cameras followed from midnight to midnight on April 30, 2011.

During that 24-hour period, they relate what is happening in their lives that day, and in their own words. The idea is to paint a portrait of Canada on one day and deliver a social time capsule of sorts. (CBC)

Buying friends

TWENTY-SOMETHING TRAUMAS. On Friday's Friends With Benefits, Sara asks Aaron to bid on her at a charity bachelorette auction so she won't have to date a nerdy co-worker.

Meanwhile, Ben is accused of sexual harassment at work after he uses a suggestive phrase, and Fitz tries to hide a wild night of partying from his new girlfriend. (NBC)

Punk foodie goes fishing

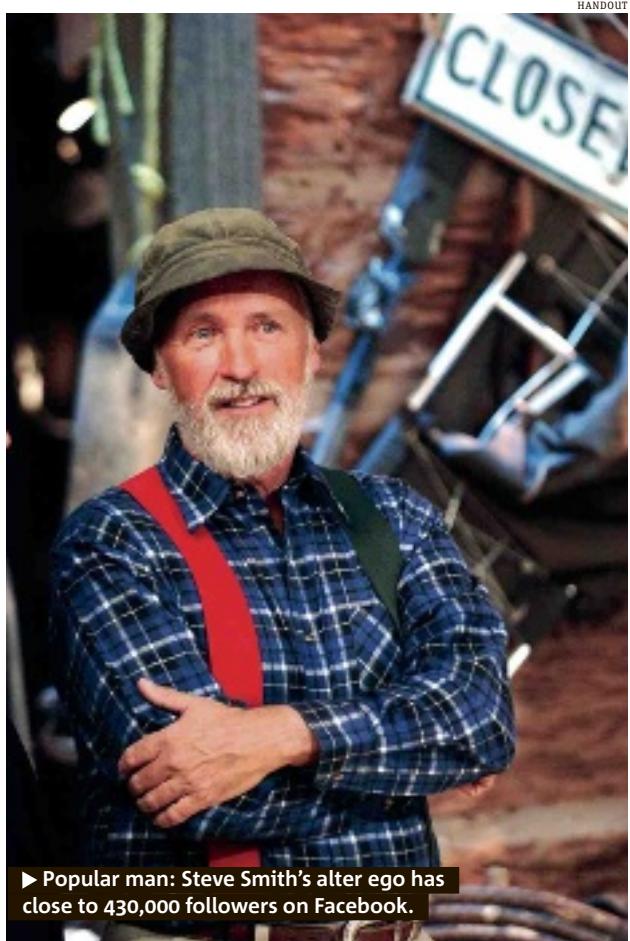
JAMAICAN ADVENTURE. Edgy Canadian chefs Rodney Bowers and Gord Martin travel the world in search of exotic foods and adventures in the new series The Delinquent Gourmet.

In Saturday's episode, Martin — a former punk singer who now owns trendy Vancouver tapas bars Bin 941 and Bin 942 — journeys to Jamaica, where he catches and cooks a jackfish and meets the Father of Jerk. (Food Network)

Things are about to get very silly indeed

COMEDY COMPETITION. Dennis Leary, Bobby Slayton and Doug Stanhope are among the standup performers in Saturday's episode of Stand-Up Showdown 2011. (The Comedy Network)

THE CANADIAN PRESS



► Popular man: Steve Smith's alter ego has close to 430,000 followers on Facebook.

Smith brings back Red Green in comedy tour

► Stage show is 'a little bit of Mark Twain, a little Will Rogers': Steve Smith
► 'I focus on guys like myself, how to survive a marriage and raise kids'

Turns out Red Green was just playing possum.

Steve Smith wrote, produced and headlined exactly 300 episodes of Red Green before pulling the plug, playing the plaid-shirted handyman who never met a project he couldn't duct tape.

They were spread over several stations and networks, starting with a handshake deal in 1990 at Hamilton's CHCH. Global, PBS and CBC also broadcast the series during its long run. A feature film, *Duct Tape Forever*, was released in 2002.

When Smith finally

walked away from Possum Lodge and hung up his red and green suspenders six years ago he vowed he'd never perform as the character again.

"I really, really tried, OK?" he says. "That first winter, when I finished the last show and went to Florida, I played 162 rounds of golf. Nobody tried harder than me."

Then he began to get that creative itch again. He and his wife formed a little singing group and started performing near their winter home in Florida.

He found himself sneaking in shtick between

songs, just like the old days. And then one day he was playing golf with the CEO of Random House Canada and was offered a chance to write a book in the Red Green character.

"I thought, 'He's not going to ask me again if I say no,'" recalls Smith. The mock manual *How To Do Everything* was the result.

Smith realized he'd have to promote the book and tested out a one-man show in Minneapolis.

"It was just so much fun," says the 65-year-old entertainer. More U.S. shows were booked and quickly sold out in markets

where *The Red Green Show* aired on PBS.

Next month, starting Sept. 8 in Surrey, B.C., and running straight across to St. John's, N.L., Smith brings the *Red Green Wit & Wisdom Tour* to Canada.

While there is a stop at Ontario's Casino Rama (Oct. 27), there are no plans to play Vancouver, Toronto or Montreal.

"If there are 100,000 or more people, I'm probably not going there," says Smith. Still, he says it's the most fun he's ever had performing. "Nothing else is even a close second."

THE CANADIAN PRESS

Idol judges stay on for new season

 AMBER RAY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Jennifer Lopez, Steven Tyler and Randy Jackson aren't going anywhere.

The trio of judges will continue to banter, critique and praise another round

of wannabe superstars in the 11th season of American Idol.

"Having both Jennifer and Steven return to Idol in 2012 alongside Randy is such a positive reflection on what was a wonderful and hugely successful season last year, and everyone

is delighted," said Simon Fuller, American Idol creator and executive producer, in a statement.

Lopez and Tyler both made their debut at the Idol judges table last year; Jackson has been doling out advice on the show since its inception.

Star search

► Season 11 of American Idol premieres Sunday, Jan. 22 at 10 p.m. on Fox.

Host Ryan Seacrest will also be returning to the show.



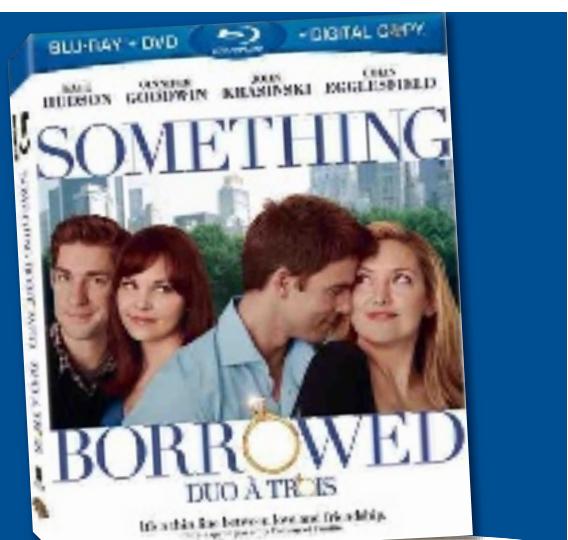
► Steven Tyler, Jennifer Lopez and Randy Jackson on American Idol.

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Coming into their own

► 3 Doors Down uses long history together to make fresh album *Time of My Life* ► See a bright musical future

Multi-platinum rock band 3 Doors Down is moving forward by looking back.

"The title of this album really kind of hits it on the head, *Time of My Life*. It talks about a lot of things that went on in the past," lead singer Brad Arnold said in a recent interview. "But it talks about a lot of more lighthearted things as well, and (there's) a lot of fun songs on this record, too."

The band had a long history to pull from for this effort. Most of them have known each other for more than 20 years, having grown up together in Mississippi and officially forming in 1995. Their debut album, 2000's *The Better Life*, featured the song *Kryptonite* and sold six million copies.

In many ways the group (comprised of Arnold, lead guitarist Matt Roberts, bassist Todd Harrell, guitarist Chris Henderson and

drummer Greg Upchurch) wanted to get back to that initial feeling from their early years.

"This being our fifth record, it is really similar to our first record in a lot of ways in that we really approached it with kind of new eyes. ... with a good heart and hungry hearts and ready to do something new,"

Arnold said of the album, released last month.

"We did things that we normally wouldn't do in the past, and it shows," said Harrell. "You know how every band in their career has that one record, like Rush has *Moving Pictures*, and Def Leppard has *Hysteria*? I think this is our record. I think this is it, because it's by far, to me, the best record we've ever done."

The album's lead-off song, *When You're Young*, became the band's 10th top 10 single on the mainstream rock chart. "I think this song strikes a chord with fans, because everybody can relate to how hard it is to be young, whether you're presently young or whether you're just looking back on how hard it really was," said Arnold.

"This song in a way is a mockery of how easy people think it is sometimes and how easy people talk about how it is to be young."

At age 32, Arnold said he thinks of his band mates as brothers. Harrell, 39, agreed and said he feels that 3 Doors Down is coming into its own.

"I think the band right now as a whole is probably better than it's been ever. I

think we're all a lot tighter," Harrell said.

"If you do something as long as we've done it, you can't help but get better at it, you know?"

"As far as where we're at in our lives, I think the band's all great. Everybody's in a good spot right now, and we're just having fun. We're ready to go out and have a lot of fun with the fans," he added.

THE ASSOCIATED PRESS

FILE PHOTO/THE ASSOCIATED PRESS



► 3 Doors Down lead singer Brad Arnold performs before the NASCAR Samsung Mobile 500 auto race at Texas Motor Speedway in Fort Worth.

Get down

What's on tap for 3 Doors Down?

► On tour 3 Doors Down are currently on a U.S. tour through October. They just released a new single, *Every Time You Go*, and the music video features tour footage from their time in Europe.

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► According to George Michael being gay is all about "dance, sex and fun."

For a generation of gays

► George Michael tries to make album for today's homosexual community

NINA ETTRUP
SCENE@METRONEWS.CA

On a forthcoming album, George Michael is addressing the gay community, because it's become all more about having a good time and completely apolitical even though there is still a lot to fight for and against homosexuals all over the world.

What is the point of making a gay album?

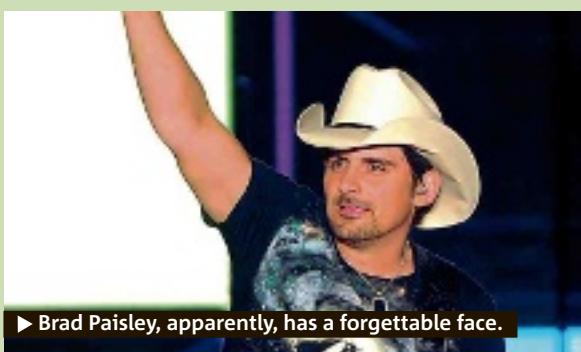
It's about dance, sex, fun — that's what a lot of being gay is now — but the gay community has become so apolitical, it's so not sexy to be an activist. It's considered 'spoiling the party'. We've become this a-politicised community, which has so much to complain about still. The album is not about 'stop the homophobia' — it's about making people understand how damaging stereotyping can be.

You will be playing a concert to benefit Elton John's AIDS foundation. Why?

I have a perspective in HIV and AIDS because I lost somebody to it. Anselmo (Feleppa, Michael's first boyfriend) died the year before combination therapy became commonly used — it's absolutely distressing to think that had he lived another year, he would still be here today. Because of Anselmo and because I'm the generation that I am, I never struggled with the

idea of safe sex. You will be touring again soon. What can we expect from your Symphonica tour?

What I don't want is a saccharine version of the records I've made, and that is a very easy trap to fall into with an orchestra, because it's so lush. Some of my songs are borderline schmaltzy anyway ... This one is probably the one I've been most excited about since the very first tour with Wham. I love playing.



► Brad Paisley, apparently, has a forgettable face.

WOULD YOU KNOW HIM?

COUNTRY MUSIC STAR NOT RECOGNIZED AT OWN GIG

While U.K. fans go wild for Brad Paisley on stage, backstage it's a different matter. The U.S. country star kicked off the European leg of his world tour Wednesday night at London's O2 Arena and had two sold-out shows there last year. But the Country Music Awards Entertainer of the Year says he's not famous enough yet in Europe

that everyone recognizes him, even backstage at his own show.

"I'm getting asked everywhere ... if I belong here, you know, 'Excuse me sir, do you have a pass?' ... (even at) my own gig!" he said before the concert.

Luckily, Paisley doesn't take offence and even enjoys anonymity.

THE ASSOCIATED PRESS

DO YOU WANT TO GO FASTER?

SOUND CHECK



ALAN CROSS
SCENE
@METRONEWS.CA

Here in Southern Ontario, the End Times for summer is heralded by the opening of the Canadian National Exhibition. For me, the CNE works much better in nostalgic terms than actually going again. For example, no visit to the CNE was complete without a ride on that ride with that guy who was always yelling "DO YOU WANNA GO FASTER?" while the music pounded. Even though



► Ozzy Osbourne is forever associated with fair rides.

the cars and walls were encrusted with centrifugally applied vomitus, I just had to give it a whirl, even though I knew the little donuts would soon be liberated from my digestive tract. A big draw for me was the music. Some unseen DJ, probably with fewer teeth than a chicken, spun the tunes from a booth somewhere in the back. He, the ride, and the fact that physics was about to push me very tightly against whatever girl was sitting next

to me made even the lamest songs — You Sexy Thing by Hot Chocolate comes to mind — seem unbelievably exciting. And for whatever reason, I'll forever associate that ride — Polar Express, Himalaya, whatever it was called any given year — with Frankenstein by the Edgar Winter Group.

I decided to conduct an experiment in crowdsourcing. I posted this question on my Facebook and Google+ pages to see how this would work as

an investigation into social music: What song do most associate with that ride?

Talk about striking a nerve. After 10 minutes, I had 50 replies.

Metal from the '80s seemed to be the big favourite: Ozzy (Crazy Train), GnR (Welcome to the Jungle) and the Scorpions (Rock You Like a Hurricane) all showed up multiple times.

Someone also brought up Free Ride — a Edgar Winter Group song — because the "DO YOU WANNA GO FASTER" question always came just before bassline-heavy bridge leading into the final chorus. Once that bassline started, you knew the second-hand cotton candy wasn't far behind.

Come to think of it, maybe I will go to the CNE this year, if just to ride this ride. I wonder: will I blend?

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That movie's a bit of a stinker

► Filmmaker adds sniff to the big screen with fourth Spy Kids movie ► Warning: Not all the smells are sweet

Robert Rodriguez, who helped usher in the new age of 3D movies with the franchise's third installment in 2003, is billing Spy Kids: All the Time in the World as a 4D flick, adding scent cards so audiences can follow along on the action with their noses.

Here's how it works: Viewers are given scratch-and-sniff cards with circles numbered 1 to 8. When a number appears, they rub the corresponding circle on their cards, which give off a whiff matching what the characters are smelling.

Rodriguez calls his gim-

mick "Aroma-Scope." He tried it out at test screenings and found that children and parents had a good time with it.

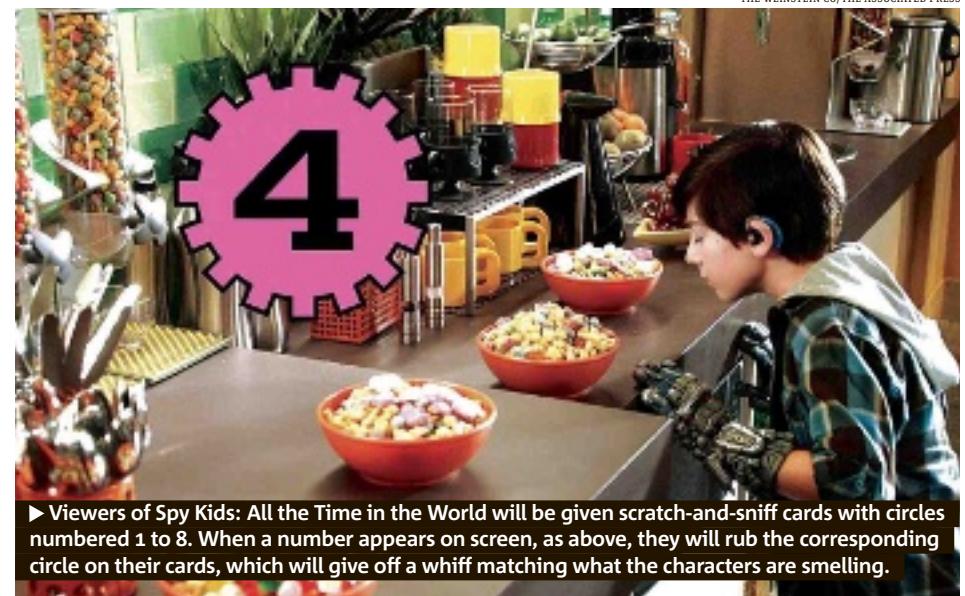
"When it came time to do Spy Kids 4, I couldn't just go back and do 3D like everybody else is now. I had to bring something extra," Rodriguez said. "Just watching my own kids with interactive gaming, you ask them to watch a movie, it just feels so passive to them. I thought this helps bridge the gap. It's an interactive thing, almost like playing a game while you're watching the movie."

"Originally we didn't have any really rancid smells, but kids wanted something stinky in there."

ROBERT RODRIGUEZ

The idea dates back to John Waters' 1981 suburban satire Polyester, released in Odorama, with viewers given similar scratch-and-sniff cards. The 2003 animated tale Rugrats Go Wild also used cards to add scent to the picture.

The new Spy Kids, opening Friday and playing in



► Viewers of Spy Kids: All the Time in the World will be given scratch-and-sniff cards with circles numbered 1 to 8. When a number appears on screen, as above, they will rub the corresponding circle on their cards, which will give off a whiff matching what the characters are smelling.

both 2D and 3D versions, uses its odours (offered in both formats) to complement the story as a retired operative (Jessica Alba) is called back to service to fight a villain who has speeded up time, threatening to bring about a quick end to the world.

She's kept her vocation a secret from her new husband (Joel McHale), but her step-kids (Rowan Blan-

chard and Mason Cook) wind up pressed into the action, aided by the now grown-up original spy kids (Alexa Vega and Daryl Sabara) from the first three movies.

The smells from the scratch-and-sniff cards are mostly pleasant. However, with a bit of raunchy humour, including gags about a spy baby's diapers, viewers should expect at least

one off odour.

"Originally, we didn't have any really rancid smells, but kids wanted something really stinky in there," Rodriguez said. "It really doesn't smell that bad. No one's going to get sick in the theatre."

Rodriguez's Aroma-Scope follows a long tradition of adding something extra to the movies.

THE ASSOCIATED PRESS



Grandpa clearly saw the benefit.

WAIT TIMES FOR CATARACT SURGERY SHORTER BY 193 DAYS.

Source: Ministry of Health and Long Term Care, March 2011.

Madeleine Meilleur, MPP

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To each her own: Stars have mixed feelings on surgery

► Winslet, Thompson and Weisz despise cosmetic surgery ► Paltrow differs

Kate Winslet has joined with fellow British actresses Emma Thompson and Rachel Weisz to form the "British Anti-Cosmetic Surgery League," with all three vowing to never go under the knife, she tells the Telegraph.

"I will never give in. It goes against my morals, the way that my parents brought me up and what I consider to be natural beauty," she says. "I am an actress, I don't want to freeze the expression of my face."



► Kate Winslet



► Gwyneth Paltrow

Gwyneth Paltrow, meanwhile, thinks there could be certain situations when some cosmetic surgery isn't out of the question.

"Before I didn't care about it. And I still refuse to use silicone, Botox or other of those gimmicks out of pure vanity," she tells Germany's OK! Magazine. "But a breast correction after breast feeding, why not? There's actually nothing else to restore the original condition, isn't there?"

● METRO

Tough spot for Bullock

In an effort to cut ties from ex-husband Jesse James, Sandra Bullock has had to halt communications with James' seven-year-old daughter, Sunny, according to Us Weekly.

"Sandra doesn't communicate anymore with Sunny. Sunny never talks about her," a source says. Another source claims that Bullock isn't happy about not being in Sunny's life anymore, but that she "had to move on" from James.

"The last thing she wanted to do was hurt Sunny," says the source. "But she had to do what was best for her."

● METRO

Death threats aimed at David

David Letterman has received death threats on a jihadist website popular with members and supporters of al-Qaida, according to Entertainment Weekly.

"He showed his evil nature and deep hatred for Islam and Muslims," a commenter on the site wrote.

"We ask Allah to paralyze his tongue and grant the sincere monotheists his neck."

CBS has no comment on the threats. ● METRO



► David Letterman

Talking points

Michael Kors gets hitched

HAMPTONS. Fashion designer and Project Runway judge Michael Kors tied the knot with long-time boyfriend Lance LePere in the Hamptons this week, according to WWD. "To marry someone as wonderful and special to me as Lance barefoot on a glorious beach is more than I could have dreamed of," Kors says. The ceremony was officiated by the mayor of Southampton, N.Y.

● METRO

Celebrity tweets



Sorry I haven't tweeted lately. I fear I've run out of things to say. Like we're on an awkward 4th date, staring at each other in silence.



@ActuallyNPH

@JessicaSimpson

There are rumors that I was "drunk swaying" at the Adele concert last night. That wasn't drunk swaying, that was professional dancing!



@SarahKSilverman

Just watched my dog walk into the screen door. aah it's the little things...

@rustyrockets

British youths! Good luck with your A-levels, but don't take it too seriously. I've got none and still married a pop star.

Hollywood holds different standards

Jennifer Hudson is thrilled with the weight she's lost, but she didn't always feel fat.

"I didn't even know I was considered plus-sized until I came to Hollywood," she tells Self magazine.

"In the neighbourhood I'm from in Chicago, a 16 is normal. But in Hol-

lywood everyone looks exactly the same, so I stood out." The American Idol runner-up has shed 80 pounds since the birth of her son, David, in 2009.

"I'm prouder of my weight loss than my Oscar," Hudson, who is now a Weight Watchers spokeswoman, says.

● METRO



Jennifer Hudson

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Sandwiches: The next generation

► These combinations give new life to the lunch item that typically includes ham and cheese ► Experiment with different and unique fillings

MATTHEW MEAD/ THE ASSOCIATED PRESS



Lunch box sandwiches don't have to default to ham and cheese or peanut butter and jelly.

There are plenty of options to mix things up and keep them interesting. Ditching the sliced bread is a good place to start.

Consider making sandwiches on a piece of baguette (or multiple smaller sandwiches on thin baguette slices).

Or if crusty bread isn't your kid's favourite thing, try folding or rolling the fillings in a piece of lavash or naan flatbread.

You can also get creative with fillings.

Sliced meats can be combined with yogurt or cream cheese spreads, and cucumber sandwiches can be made more nutritious and filling by adding hummus.

Cucumber Hummus Sandwich

Preparation:

1 Spread the hummus over half of the naan. Drizzle honey over the other half of the naan. Arrange the cucumber slices over hummus, then sprinkle everything with salt and pepper. Fold the naan in half to



form a sandwich.

Chicken and Broccoli Alfredo Sliders

Preparation:

- 1** In a small bowl, mix together broccoli and alfredo sauce.
- 2** Arrange chicken over 3 of the baguette slices. Top with broccoli-alfredo mix. Top with a piece of cheese, cut to fit, and remaining bread.

THE ASSOCIATED PRESS

Shopping List:

Cucumber Hummus Sandwich

- 45 ml (3 tbsp) hummus
- 1 piece naan flatbread
- 15 ml (1 tbsp) honey
- 1/2 small cucumber, sliced
- Salt and ground black pepper, to taste

Chicken and Broccoli Alfredo Slider

- 125 ml (1/2 cup) cooked broccoli, chopped
- 50 ml (1/4 cup) prepared alfredo sauce
- 6 small baguette slices
- 125 ml (1/2 cup) cooked chicken meat (such as from a rotisserie chicken)
- 3 slices mozzarella cheese

South Africa in a wine glass



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
TWITTER: @THEREALWINEGUY

One of the questions I get asked the most is which wine producing country I enjoy visiting. Winemakers have a habit of growing their grapes in pretty interesting places, so it's tough to answer.

I've had adventures in Italy, Spain, Argentina, California and, most recently, France. That said, my time in South Africa may have been the best combination of new and mind-blowing experiences.

Sadly, South African wines limped along in popularity. Without a major powerhouse producer that draws people down its liquor store aisle on a regular basis, the selection across the country is best known as a population of individuality — where standalone wines with unique personalities and funky names rule.

Douglas Green's 2010 The Beach House (\$9.73 - \$11.99) is a perfect example. A blend of Sauvignon Blanc and Semillon, it's a relaxed white with fresh gooseberry aromatics and a crisp backbone of green fruit massaged by subtle honeyed undertones that taste like liquid summer. PRICES REFLECT THE RANGE ACROSS CANADA. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



3
life

Kids vs. veggies



Limit the stress of getting kids to eat their veggies with these tips.

- Offer variety when cooking meals by including cooked and raw veggies.
- Let them pick a new veggie colour for each week's meal plan.
- Try prepared foods. For young kids, mixing pureed or minced vegetables into foods like dips and stews is a good strategy.

NEWS CANADA/PC.CA



The art of smart snacking.

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Quoted



"The commissioner never told me to sign or not sign with particular teams."

MICHAEL VICK. VICK TOLD GQ MAGAZINE THAT HE INITIALLY DIDN'T WANT TO SIGN WITH PHILADELPHIA. THE ARTICLE SAYS VICK WAS CONVINCED TO SIGN WITH THE EAGLES INSTEAD OF CINCINNATI OR BUFFALO AFTER MEETING WITH LEAGUE OFFICIALS, WHICH VICK DENIES.

A man with a plan

► Andre Levingston launches Canadian basketball league with combine, draft this weekend

Andre Levingston has received an earful from critics who tell him there's no way a Canadian pro basketball league can survive.

Others before him have tried and failed, they say.

"I say they've never met anyone like me," he responds.

Levingston is a founder of the fledgling seven-team National Basketball League, which gets off the ground this weekend with a combine and draft in Toronto.

"We know we're only going to get one chance to do it the right way, and so we're not going to blow it," he said.

Since announcing the league's formation in mid-May, four teams have joined the original three, coaching staffs have been hired, and a schedule has been drawn up that will begin Oct. 29 with each club playing 36 games. The top four teams advance to playoffs in March.

The league's early days have made for long ones for Levingston and partner Ian McCarthy, who've spent a good chunk of the past few weeks meeting with mayors and heads of tourism in various Canadian cities.

He calls it a labour of love.

"We've been extremely busy, but at the same time it's something that we truly enjoy, it's a passion of ours first," Levingston said. "We love the game of basketball, and what we're doing for the country, it's been priceless. I wouldn't change it for the world."

Several basketball leagues and franchises have

The NBL was formed when three existing teams — the Halifax Rainmen (of which Levingston is president and CEO), Saint John Mill Rats and Quebec Kebs

— left the Premier Basketball League amid complaints of poor management. Since then, NBL franchises have been formed in London, Oshawa, Moncton, N.B., and P.E.I.

failed to survive in the past. The World Basketball League — which included six Canadian teams — was founded in 1987 by a group that included NBA Hall of Famer and Boston Celtics great Bob Cousy. That

league, which had a height restriction of six foot five and under, folded in 1992.

The all-Canadian National Basketball League, which included eight teams, started up the same year but barely got off the ground, folding after less than two seasons.

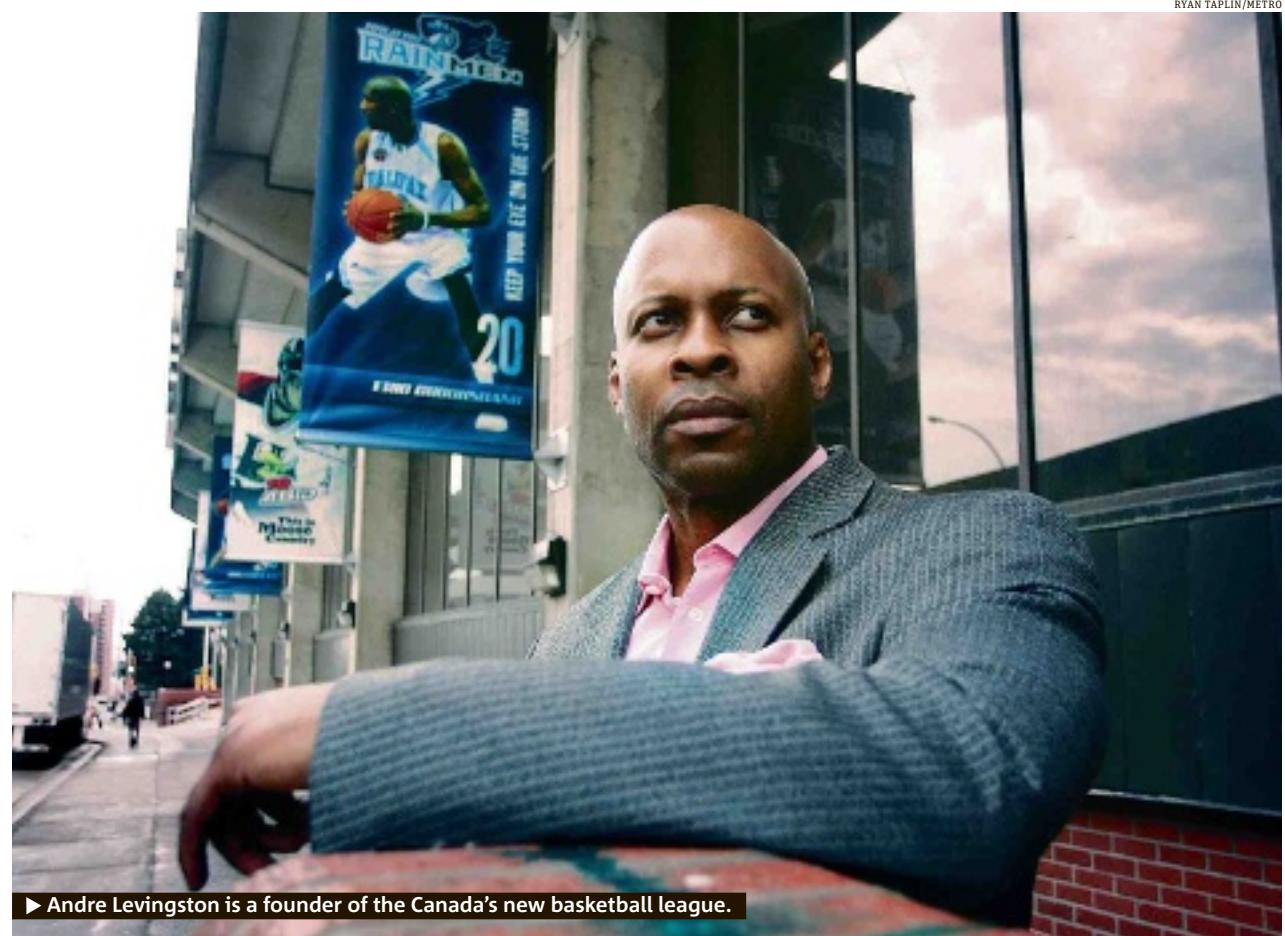
Levingston said he and McCarthy are being careful about who they're allowing to buy into their league.

"We're not looking for in-

dividuals who are looking for a hobby of owning a basketball team, making it easy for them to walk away in the process and leaving cities in financial trouble," Levingston said.

"We're looking to do things the right way and we're going to take our time, we're going to make sure the right individuals are on board with what we're doing."

THE CANADIAN PRESS



► Andre Levingston is a founder of the Canada's new basketball league.

\$4,000

The expected monthly salary for the league's top players.



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Eskimos looking to right offensive tailspin

CFL EXTRA POINTS

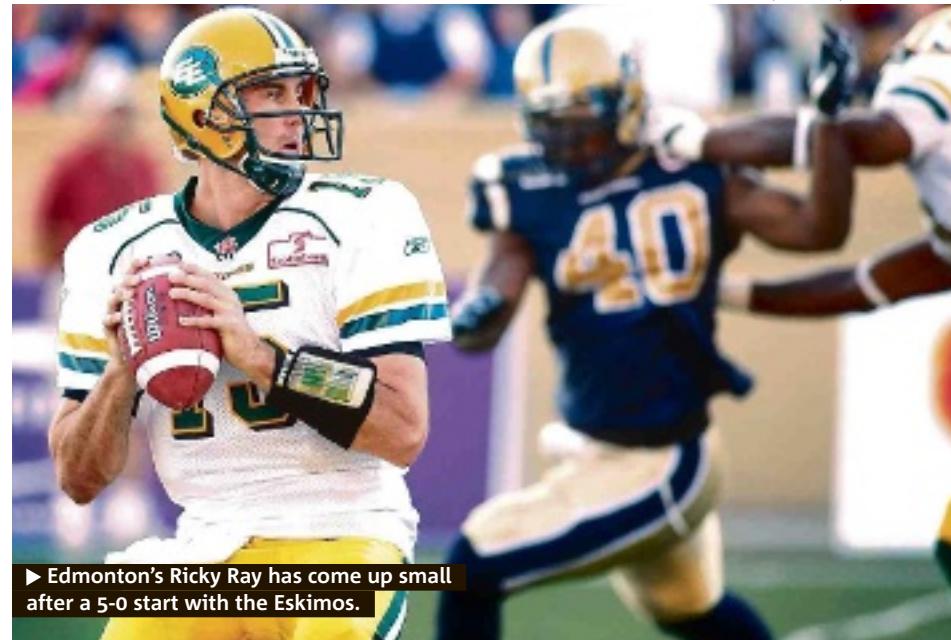
DAN TOTH

OTTAWA@METRONEWS.CA

Nobody believed Edmonton could finish first in the West this season, not even the Eskimos, and seven weeks into the season reality is finally setting in.

The Eskimos followed their surprising 5-0 start with consecutive losses, culminating with a putrid four-point offensive performance in Montreal in their second consecutive loss.

After lighting up the scoreboard through that five-game win streak, the Eskimos have posted just 20 total points in the last two losses in which opponents have shut down the Green



► Edmonton's Ricky Ray has come up small after a 5-0 start with the Eskimos.

and Gold running game. With Ricky Ray forced to throw, opposing defences have narrowed their focus on pummeling the Edmonton quarterback, recording 10 sacks. In the

last two games Jerome Messam has collected just 47 yards along the ground, a far cry from the first five games when he provided the Eskimos with a balanced and often unstoppable at-

tack. The Eskimos get a reprieve this week against the B.C. Lions, before taking on the Calgary Stampeders in back-to-back contests starting Labour

The Eskimos have posted just 20 total points in the last two losses in which opponents have shut down the Green and Gold running game.

Day. A sweep and Calgary could be well on its way to first place in the West.

No flipping way:

Give full credit to Saskatchewan's Hugh Charles for his athletic prowess in scoring three touchdowns against Calgary last week, but can the man not count? His third TD left the hapless Riders 17 points (yes, 17!!!) behind Calgary on the scoreboard yet the last-place Roughies running back was celebrating with backflips. Add selfish behaviour to the long list of

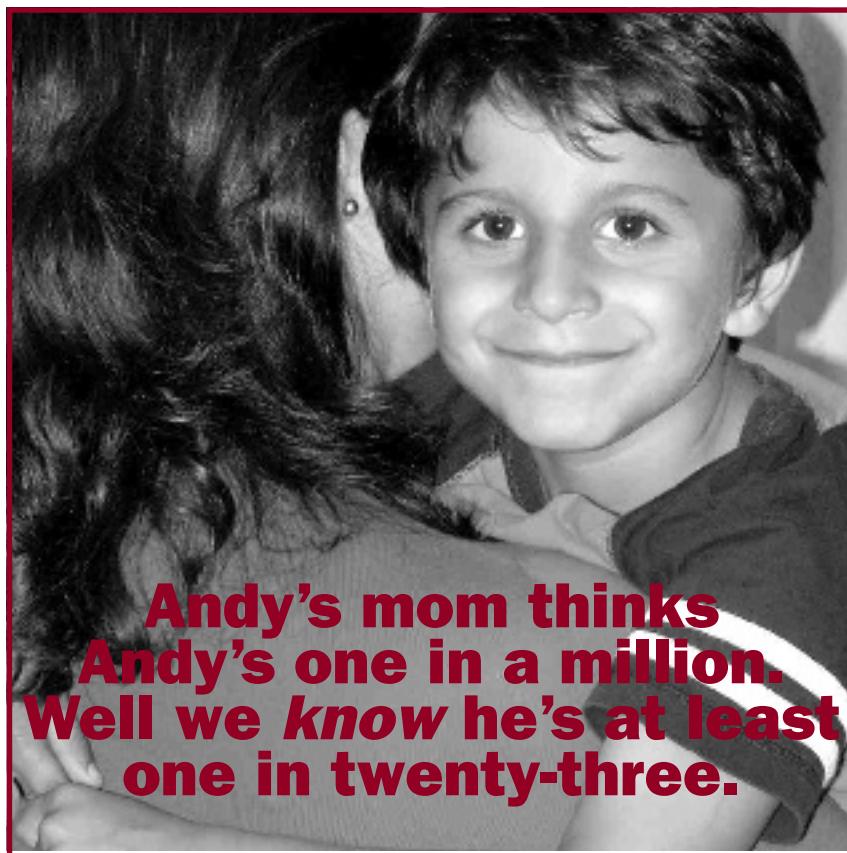
problems in Riderville.

Then came news this week out of Regina that Charles has been sidelined with an injury, preventing him from playing Thursday night in Toronto. The Riders aren't disclosing details, but wouldn't it be ironic if it happened during one of those flip-flops. Maybe Charles slipped on some mustard?

Argos leading the crawl to playoffs by a nose:

We're only one-third through the CFL schedule but it's hard to imagine B.C., Saskatchewan or Toronto deserving a berth in the playoffs in November, yet at least one will find a way.

The Argos may have the inside track, with four consecutive games against the Riders and Lions over the next month. A decent showing in the next four weeks could at least secure the Double Blue a crossover spot in the West.



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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	74	47	.612	—
Boston	74	48	.607	1/2
Tampa Bay	66	56	.541	8 1/2
Toronto	63	60	.512	12
Baltimore	47	74	.388	27

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	65	58	.528	—
Cleveland	61	58	.513	2
Chicago	61	61	.500	3 1/2
Minnesota	54	68	.443	10 1/2
Kansas City	51	73	.411	14 1/2

WEST DIVISION

	W	L	Pct	GB
Texas	72	52	.581	—
Los Angeles	65	59	.524	7
Oakland	55	68	.447	16 1/2
Seattle	53	69	.434	18

Last night's results

Boston at Kansas City
Cleveland at Chicago White Sox
N.Y. Yankees at Minnesota
Texas at L.A. Angels
Toronto at Oakland
Wednesday's results
Tampa Bay 4, Boston 0
Oakland 6, Baltimore 5
Minnesota 6, Detroit 5
Cleveland 4, Chicago White Sox 1
Kansas City 5, N.Y. Yankees 4
Texas 4, L.A. Angels 3
Toronto 5, Seattle 1
Tonight's games
Cleveland (Tomlin 12-5) at Detroit (Scherzer 12-7), 7:05 p.m.
Seattle (F.Hernandez 11-10) at Tampa Bay (W.Davis 8-7), 7:10 p.m.
Boston (A.Miller 4-1) at Kansas City (Francis 4-13), 8:10 p.m.
N.Y. Yankees (P.Hughes 3-4) at Minnesota (Slowey 0-0), 8:10 p.m.
Texas (M.Harrison 10-8) at Chicago White Sox (Peavy 5-5), 8:10 p.m.
Baltimore (Jo.Reyes 6-9) at L.A. Angels (Haren 12-6), 10:05 p.m.
Toronto (Cecil 4-5) at Oakland (Harden 3-2), 10:05 p.m.
Tomorrow's games
Cleveland at Detroit, 7:05 p.m.
Boston at Kansas City, 7:10 p.m.
N.Y. Yankees at Minnesota, 7:10 p.m.
Seattle at Tampa Bay, 7:10 p.m.
Texas at Chicago White Sox, 7:10 p.m.
Baltimore at L.A. Angels, 9:05 p.m.
Toronto at Oakland, 9:05 p.m.
Sunday's Games
Cleveland at Detroit, 1:05 p.m.
Seattle at Tampa Bay, 1:40 p.m.
Boston at Kansas City, 2:10 p.m.
N.Y. Yankees at Minnesota, 2:10 p.m.
Texas at Chicago White Sox, 2:10 p.m.
Baltimore at L.A. Angels, 3:35 p.m.
Toronto at Oakland, 4:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	79	42	.653	—
Atlanta	73	52	.584	8
New York	60	63	.488	20
Washington	58	63	.479	21
Florida	57	66	.463	23

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	73	52	.584	—
St. Louis	66	58	.532	6 1/2
Cincinnati	60	63	.488	12
Pittsburgh	58	64	.475	13/2
Chicago	54	70	.435	18/2
Houston	40	84	.323	32/2

WEST DIVISION

	W	L	Pct	GB
Arizona	69	54	.561	—
San Francisco	67	58	.536	3
Colorado	58	67	.464	12
Los Angeles	56	67	.455	13
San Diego	55	70	.440	15

Yesterday's results

Atlanta 1 San Francisco 0
L.A. Dodgers 5 Milwaukee 1
Arizona at Philadelphia
Cincinnati at Washington
Florida at San Diego
Wednesday's results
Houston 4, Chicago Cubs 3
N.Y. Mets 7, San Diego 3
Philadelphia 9, Arizona 2
Cincinnati 2, Washington 1
St. Louis 7, Pittsburgh 2
San Francisco 7, Atlanta 5
Milwaukee 3, L.A. Dodgers 1
Colorado 12, Florida 5
Friday's Games
St. Louis (J.Garcia 10-6) at Chicago Cubs (R.Wells 4-4), 2:20 p.m.
Cincinnati (H.Bailey 7-5) at Pittsburgh (Correa 12-11), 7:05 p.m.
Philadelphia (Oswalt 5-7) at Washington (L.Hernandez 7-11), 7:05 p.m.
Milwaukee (Marcum 10-3) at N.Y. Mets (Pelfrey 6-9), 7:10 p.m.
Arizona (D.Hudson 12-8) at Atlanta (D.Lowe 7-11), 7:35 p.m.
San Francisco (Vogelsong 10-2) at Houston (W.Rodriguez 8-9), 8:05 p.m.
L.A. Dodgers (Kuroda 8-14) at Colorado (Hamel 7-11), 8:40 p.m.
Florida (Volstad 5-9) at San Diego (LeBlanc 1-2), 10:05 p.m.
Saturday's Games
Cincinnati at Pittsburgh, 4:10 p.m.
L.A. Dodgers at Colorado, 4:10 p.m.
Milwaukee at N.Y. Mets, 4:10 p.m.
St. Louis at Chicago Cubs, 4:10 p.m.
Philadelphia at Washington, 7:05 p.m.
San Francisco at Houston, 7:05 p.m.
Arizona at Atlanta, 7:10 p.m.
Florida at San Diego, 8:35 p.m.
Sunday's Games
Milwaukee at N.Y. Mets, 1:10 p.m.
Arizona at Atlanta, 1:35 p.m.
Cincinnati at Pittsburgh, 1:35 p.m.
Philadelphia at Washington, 1:35 p.m.
San Francisco at Houston, 2:05 p.m.
L.A. Dodgers at Colorado, 3:10 p.m.
Florida at San Diego, 4:05 p.m.
St. Louis at Chicago Cubs, 8:05 p.m.

WEDNESDAY

BLUE JAYS 5, MARINERS 1

Toronto ab r h bi Seattle ab r h bi
YEScor ss 4 0 1 0 ISuzukidh 4 1 1 0
ETHms lf 3 0 0 0 FGtrz cf 4 0 1 1
Bautist rf 3 1 1 0 Ackley 2b 3 0 0 0
Lind 1b 4 1 1 3 Carp 1b-rf 4 0 1 0
Encnc dh 3 1 1 1 CWells rf 2 0 0 0
Rasmus cf 4 1 1 1 AKndy pr-lb 1 0 0 0
Lawrie 3b 3 0 0 0 Roins lf 4 0 0 0
A.Hill 2b 4 0 0 0 Seager 3b 3 0 0 0
JMolin c 4 1 1 0 J.Bard c 3 0 0 0
JaWlssn ss 2 0 0 0
Totals 32 5 6 5 Totals 30 1 3 1
013 100 000 — 5
000 001 000 — 1
E-Y.Escobar (11), Lawrie (3), Seager (3).
DP—Toronto 1, Seattle 1. LOB—Toronto 4,
Seattle 6. 2B—F.Gutierrez (10), HR—Lind (22),
Encarnacion (12), Rasmus (2). SB—A.Hill (16).
CS—Encarnacion (1).

Toronto IP H R ER BB SO
Morrow W,9-7 6 3 1 1 2 12
Litsch 1 0 0 0 0 1 0
Janssen 1 0 0 0 0 0 1
F.Francisco 1 0 0 0 0 0 0
Seattle
Beavan L,3-4 5 6 5 5 2 3
Cortes 2 0 0 0 0 0 0
Ruffin 1 0 0 0 0 0 1
J.Wright 1 0 0 0 1 0 0
HBP—by Morrow (C.Wells), by Beavan (Encarnacion). WP—Morrow, Beavan.
T—2:45. A—26,579 (47,878) at Seattle.

BLUE JAYS STATISTICS
BATTERS AB R H HR RBI AVG
Lawrie 42 7 15 3 9 .357
Bautista 388 89122 35 79 .314
Molina 126 17 39 2 11 .310
Escobar 437 68129 10 41 .295
Encarnacion 353 54101 12 37 .286
Thames 213 34 58 8 27 .272
Lind 388 49103 22 71 .265
McDonald 162 19 41 2 20 .253
Davis 320 44 76 1 29 .238
McCoy 78 11 18 1 5 .231
Hill 384 38 87 6 45 .227
Rasmus 71 8 16 2 10 .225
Arenicibia 338 38 71 19 .220
Teahan 126 12 25 4 12 .198
PITCHERS W L SV IP SO ERA
McCoy 0 0 0 1.0 0.00
Janssen 4 0 1 38.0 37 2.37
Romero 11 9 0 166.0 141 2.87
Perez 2 2 0 43.2 37 3.71
Litsch 4 3 1 58.0 50 4.03
Francisco 1 4 0 37.2 40 4.06
Villanueva 6 3 0 97.2 62 4.24
Cecil 4 5 0 84.0 60 4.38
Morrow 9 7 0 132.2 154 4.41
Rauch 5 4 1 115.0 35 4.47
Camp 1 2 0 52.1 26 4.64
Alvarez 0 0 0 10.2 7 5.91
Mills 1 2 0 18.1 18 8.35
Ledezma 0 0 0 3.0 5 9.00
Not including last night's game

LACROSSE
MINTO CUP
CANADIAN JUNIOR CHAMPIONSHIP
At Okotoks, Alta.
Tomorrow's games — All Times Eastern
Coquitlam vs. Edmonton, 6:45 p.m.
Whitby vs. Okotoks, 10 p.m.
Sunday's games
Coquitlam vs. Whitby, 7 p.m.
Edmonton vs. Okotoks, 10 p.m.

SOCCER

MLS

EASTERN CONFERENCE

Columbus GP W L T GF GA Pt
Philadelphia 24 10 7 7 27 23 37
Kansas City 24 8 7 9 35 31 33
Houston 25 7 7 11 31 30 30
New York 25 6 6 13 39 35 31
D.C. United 22 7 6 9 33 33 30
Toronto 26 4 11 11 25 46 23
New England 25 4 12 9 24 37 22
Chicago 23 2 7 14 25 32 20
WESTERN CONFERENCE
GP W L T GF GA Pt
Los Angeles 25 13 3 9 35 20 48
Dallas 25 12 6 7 33 26 43
Seattle 25 11 5 9 35 27 42
Colorado 26 10 6 10 37 32 40
Real Salt Lake 22 10 6 6 30 17 36
Chivas USA 24 7 8 9 30 26 30
Portland 24 7 12 5 30 40 26
San Jose 24 5 9 10 26 32 25
Vancouver 24 3 12 9 25 40 18
Last night's result
D.C. United at Chicago
Wednesday's results
Houston 1 New England 1
Kansas City 3 Portland 1
Tomorrow's games
All Times Eastern
Philadelphia at Columbus, 7:30 p.m.
New York at New England, 7:30 p.m.
Real Salt Lake at Houston, 8:30 p.m.
Chivas USA at Colorado, 9 p.m.
Seattle at Dallas, 9 p.m.
Vancouver at Portland, 10 p.m.
San Jose at Los Angeles, 10:30 p.m.
Sunday's games
Toronto at Chicago, 7 p.m.
D.C. United at Kansas City, 8:30 p.m.

NASL

x-Carolina GP W L T GF GA Pt
Puerto Rico 21 11 5 5 32 25 38
Tampa Bay 21 8 6 7 33 29 31
Minnesota 21 7 6 8 23 21 29
Fort Lauderdale 21 6 5 10 30 28 28
Edmonton 21 7 9 5 23 30 26
Montreal 21 4 10 7 23 25 19
Atlanta 21 3 15 3 19 47 12
x— clinched playoff berth.

Last night's result
Minnesota 1 Carolina 1
Tomorrow's games
All Times Eastern
Minnesota at Montreal, 2:30 p.m.
Fort Lauderdale at Carolina, 7 p.m.
Puerto Rico Islanders at Tampa Bay, 7 p.m.
Sunday's game
Atlanta at Edmonton, 9:30 p.m.

UNDER-20 WORLD CUP

Wednesday's results

At Medellin, Colombia
Portugal 2 France 0
At Pereira, Colombia
Brazil 2 Mexico 0
Tomorrow's games
At Bogota, Colombia
All Times Eastern
Third Place
France vs. Mexico, 6 p.m.
Championship
Portugal vs. Brazil, 9 p.m.

GOLF

PGA-WYNDHAM CHAMPIONSHIP
At GREENSBORO, N.C.

Par 70
First round
Jeff Quinney 32-31-63
Tommy Gainey 29-34-63
Stuart Appleby 33-31-64
Carl Pettersson 32-33-65
Ernie Els 31-34-65
Jason Bohn 35-30-65
Jimmy Walker 31-34-65
Tim Herron 33-32-65
Lee Janzen 31-34-65
Jim Furyk 30-35-65
Vijay Singh 32-33-65
George McNeill 32-34-66
Greg Chalmers 32-34-66
Chez Reavie 33-33-66
Justin Leonard 34-32-66
David Toms 33-32-66
Webb Simpson 34-32-66
Jason Dufner 33-33-66
Vaughn Taylor 32-34-66
Jim Renner 32-34-66
Alexandre Rocha 32-34-66
Daniel Summerhays 33-33-66
Patrick Reed 34-32-66
D.J. Brimage 33-33-66
Steve Marino 32-35-67
Hunter Haas 31-36-67
Anthony Kim 33-34-67
Retief Goosen 33-34-67
Nathan Green 34-33-67
David Duval 32-35-67
Charles Warren 33-34-67
Billy Horschel 33-34-67
Woody Austin 35-32-67
John Rollins 35-32-67
Jerry Kelly 33-34-67
Angel Cabrera 34-33-67
Bill Lunde 34-33-67
Joe Duran 34-33-67
John Merrick 32-36-68
Frank Lickliter II 36-32-68
Blake Adams 35-33-68
Pat Perez 35-33-68
Michael Bradley 33-35-68
Rocco Mediate 34-34-68
Also
David Hearn 33-36-69
Chris Baryla 33-36-69
Matt McQuillan 35-34-69

TENNIS

ATP-WTA WESTERN & SOUTHERN OPEN
At Mason, Ohio

Men
Singles
Third Round
Novak Djokovic (1), Serbia, def. Radek Stepanek, Czech Republic, 6-3, 6-3.
Rafael Nadal (2), Spain, def. Fernando Verdasco, Spain, 7-6 (5), 7-6 (9).
Andy Murray (4), Britain, def. Alex Bogomolov, Jr., U.S., 6-2, 7-5.
Mardy Fish (7), U.S., def. Richard Gasquet (12), France, 7-5, 7-5.
Tomas Berdych (8), Czech Republic, def

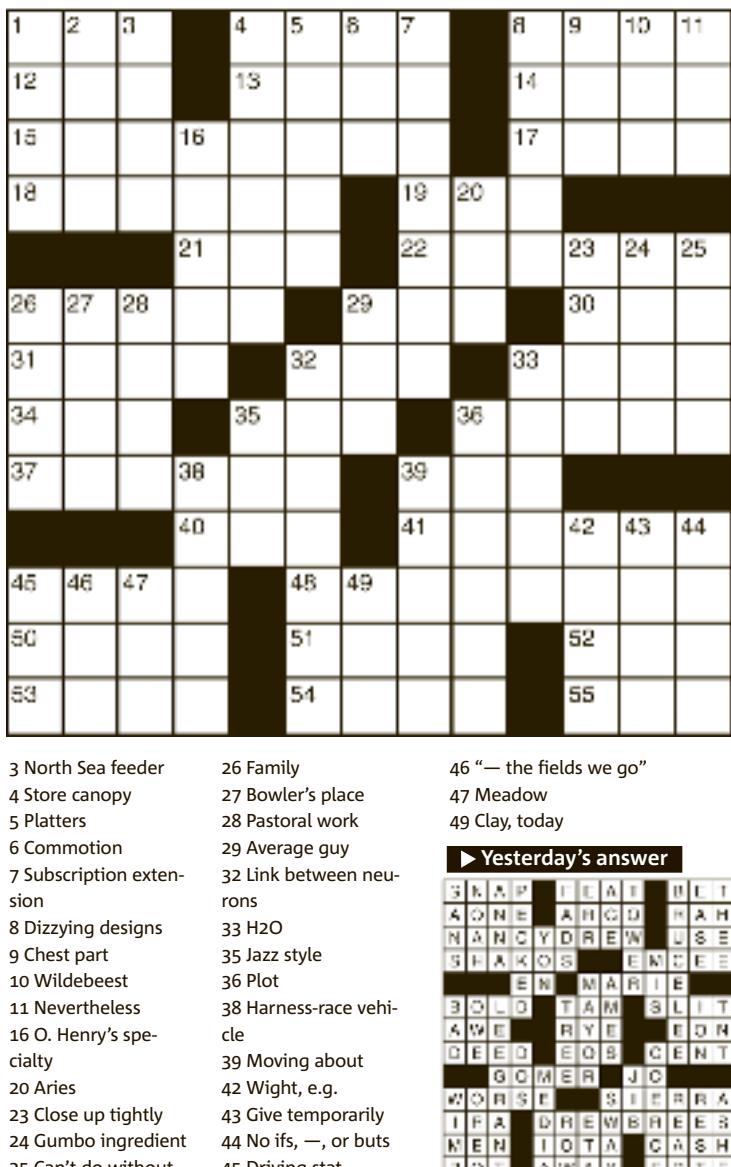
Crossword

Across

1 West of Hollywood
4 Hebrew month
8 Unrestrained revelry
12 Puncturing tool
13 Broad
14 Languish
15 "Lost in Space" surname
17 Touch
18 Pastor, e.g.
19 Mess up
21 Switch positions
22 Holmes companion
26 Adhere
29 Toast topping
30 — out a living
31 Gentlewoman
32 Scale member
33 Merchandise (Suff.)
34 Whatever number
35 "See ya"
36 Dieter's lunch
37 Trafalgar victor
39 Performance
40 — tree (caught)
41 Gal, to an Aussie
45 Gangster's girlfriend
48 New Jersey city
50 Cheat at hide-and-seek
51 Slender
52 Young boy
53 Overcast
54 Ireland
55 Type units

Down

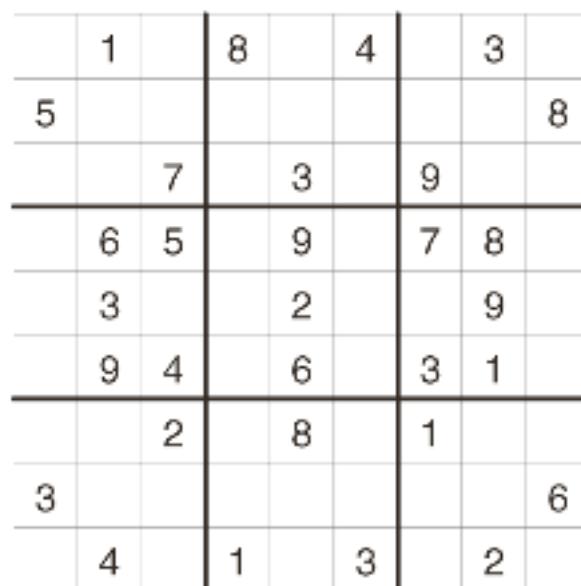
1 Playwright Connolly
2 Off base



► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20

Today, you would benefit from taking things at a slower pace.

♉ Taurus April 21-May 21

Live for the moment and don't waste a second wondering if you should have done some things differently.

♊ Gemini May 22-June 21

Times always change and you must change with them if you don't want to get left behind.

♋ Cancer June 22-July 22

There is always a simple explanation for life's great events, so stay calm and make the best of your situation.

♌ Leo July 23-Aug. 23

If you make some kind of mistake today, don't try to deny it. Fate is forgiving.

♍ Virgo Aug. 24-Sept. 22

You should know by now that the worst rarely happens, and even when it does, it is rarely that bad.

♎ Libra Sept. 23-Oct. 23

Others may worry about you but come tomorrow you will be back to your best — and your best is very good.

♏ Scorpio Oct. 24-Nov. 22

You may be intensely ambitious and desperate to get ahead but today you must slow down a bit.

♐ Sagittarius Nov. 23-Dec. 21

Sometimes, mistakes can be a learning tool. Keep that in mind.

♑ Capricorn Dec. 22-Jan. 20

Don't feel guilty about leaving until later a task that others say should have been done by now.

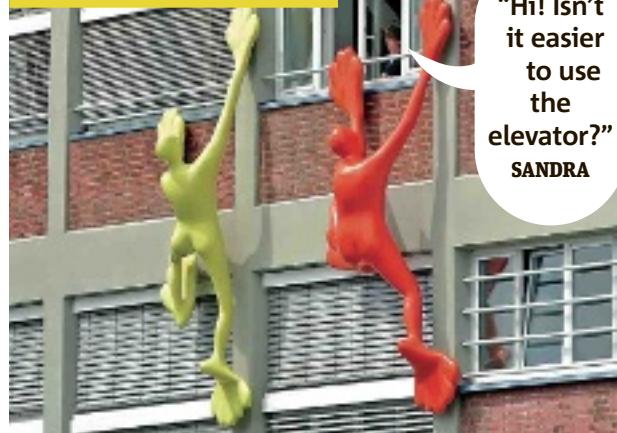
♒ Aquarius Jan. 21-Feb. 18

It might be wise not to make many plans for the next few days. Everything is subject to change.

♓ Pisces Feb. 19-March 20

Something unexpected may happen, but it's not a good enough reason to hide. ● SALLY BROMPTON

Caption contest



"Hi! Isn't it easier to use the elevator?"
SANDRA



WIN! You write it!
Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Ay Bay Bay,
When we first met, we
laughed and smiled together. It was the perfect
moment and we didn't even
know each other. Ay bay
bay, From the first day we
talked, to the day we met, I
had no idea you would be
such an important part of
my life. I love you for the
person that you are, and
what you bring into my life,
HAPPINESS. xo. Love always
BIGGIE SMALLS

Kuwenth
I love you so much.. your
the world to me. Thanks for
everything ASW

Rachel & Michel, Sending a
kiss to my too lovely
siblings.. i love u guys so
much ..so greatful to have u
guys in my life .. God bless
..LOVE Alwaysss .. UR BIG SIS

you
I miss you! FROM ME



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stuff

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